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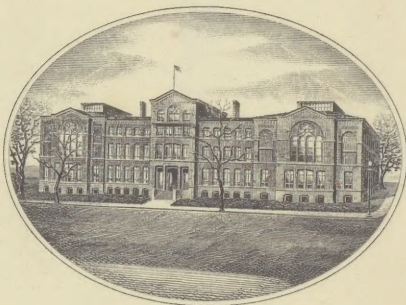


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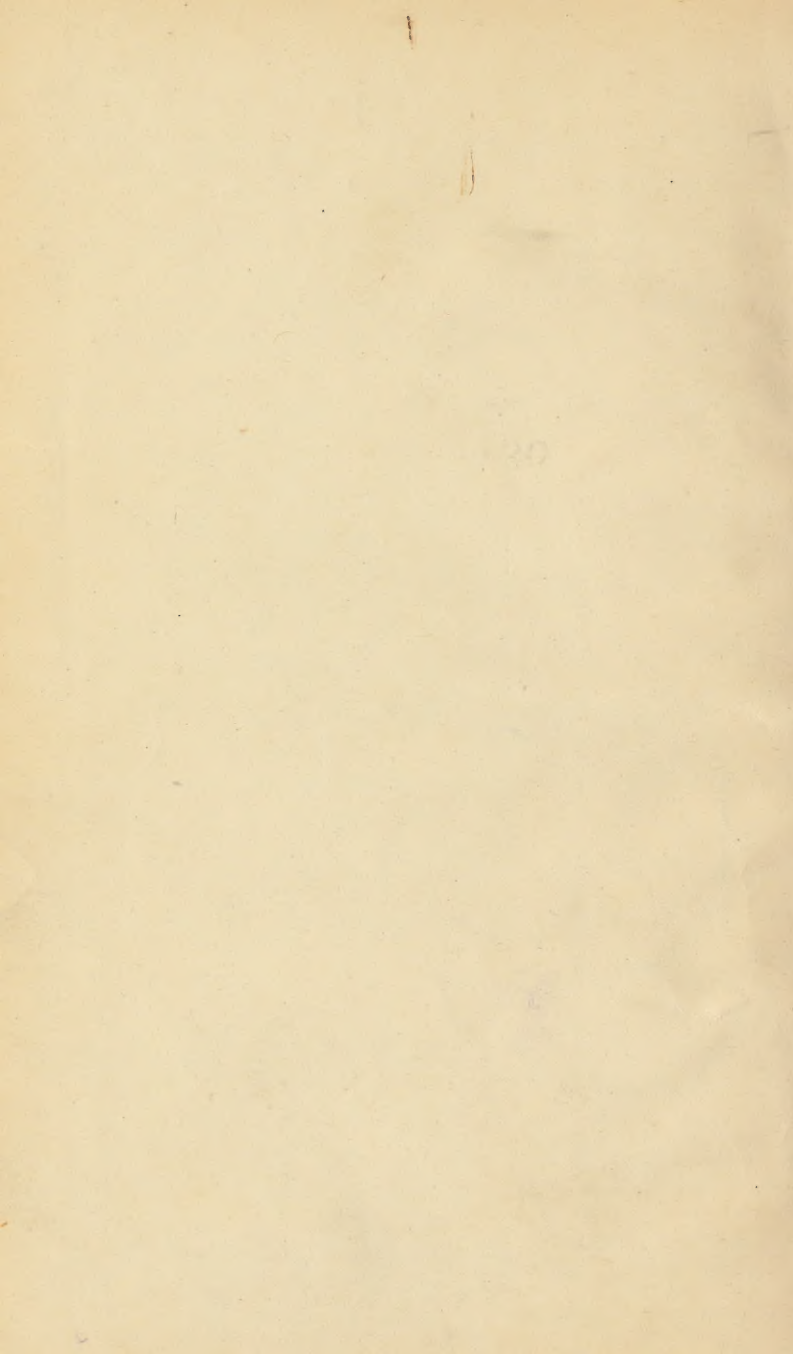
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THE LURE OF THE MOUNTAINS

Oh! give me the life that the travelers know,
I long for the mild mountain breezes that blow,
From tropical lands and the wild west snow.
I sigh for the wonders in the land of the sun
And feel for the heart-beats of rivers that run
From the mountains down to the boulder's dun.
In Nevada County of "fruit, gold and pine"
I'll restore these tired nerves of mine.



SAN FRANCISCO

(FROM THE SEA)

Serene, indifferent of Fate,
Thou sittest at the Western Gate;
Upon thy height, so lately won,
Still slant the banners of the sun;
Thou seest the white seas strike their tents,
O Warder of two continents!
And, scornful of the peace that flies
Thy angry winds and sullen skies,
Thou drawest all things, small or great,
To thee, beside the Western Gate.

—Bret Harte

Foreword

This book has been written in beautiful Nevada City, the County Seat of Nevada County.

While the authors were not among those who have been born and reared among these romantic and picturesque surroundings, yet a residence of a very few years has been enough to make them fall in love with the rugged landscape, the wooded hills, the distant snow-crowned Sierras, the sparkling streams and shady groves.

Mines are here which have yielded their golden treasures for fifty years or more, and still respond to the miners' toil, while fruitful orchards and green pastures are a promise of wealth still to come.

A large area of this county is left for development in gold mining, fruit farming and for health building institutions. Its unlimited natural resources are barely touched. It is yet the land of Golden Opportunity to ambitious and enterprising people.

It may be said of the interesting people of this county that they are largely the sons and daughters of the hardy Pioneer adventurers of the days of '49.

Tourists and health seekers from many parts of the world find Nevada City and County an interesting place to live and most desirable for rest and recreation. The dry sunny atmosphere, the health giving pine groves, the soft but invigorating mountain breezes, build up wasted tissue and jaded nerves and lay the foundation for health and vigor.

In the center of the county lie the Twin Cities, Nevada City and Grass Valley but four miles apart, and closely connected by electric car service and splendid highway.

Overlooking these cities is near-by "Banner Mountain," from whose summit fourteen counties may be viewed, with their lofty mountains, gleaming rivers, mighty forests and cultivated lands.

In these mountain towns which lie on the hills, from 2000 to 2800 feet elevation, are all city conveniences and country comforts. Paved streets, perfect drainage, excellent water supply, free sanitary auto camps, shower baths, shady trees, cooling lakes, up-to-date hotels, live-wire newspapers, churches, libraries, first-class schools, lodges, theaters, dance halls and all out of door sports, garages, Forest headquarters, stores, restaurants, farm boarding houses, Agricultural and Nutrition Clubs, scientific meals for healthseekers, health camps, sanitarium, apartments and housekeeping rooms for \$2.50 per week up. Free camping grounds for those who have tents.

Nellie Starr Hanson



“COME”

I will climb up the mountains
To the quiet solitude
There to drink of nature's fountains
And enjoy the singing mood.

I will climb up to the mountains
To the simple life of peace
Far away from all temptations
Where my heart shall feel at ease.

So farewell to polished tumults
I am tired and would rest
I shall breathe in health and comfort
On the mountains' holy breast.

TRUCKEE

Nestling in the Sierra Nevada Mountains, at an elevation of nearly 6,000 feet, lies the city of Truckee, whose birth dates back to the construction days of the first trans-continental railroad, when its virgin forests materially assisted in solving the problems of the pioneers of railroad building in the west.

With a past which was closely associated with early historical lore, as it was near here that the ill-fated Donner party passed the disastrous winter of 1846-47, and with a future which is destined to make its name bear to the people of the west the same significance as the Alps to Switzerland, Truckee enjoys the unique distinction of being among the few playgrounds of the west, able to appeal to the pleasure loving public, at all seasons of the year in nature's own way.

With its rugged mountains and beautiful scenery, fine hunting and unexcelled fishing, lake resorts and winter sports, nature makes this region a natural paradise for the tourist. Its close proximity to Tahoe, Donner, Independence and Webber Lakes, gives this section facilities for appealing to all classes of people; while the Truckee River passes through the city and Campbell's hot springs is within a few hours' ride.

Through the efforts of the Truckee Chamber of Commerce, the Truckee Ice Carnival and Winter Sports Company was organized for the purpose of furnishing to the thousands of Californians, living along the coast and in the great valleys, who never knew before what real winter sport was, the opportunity of enjoying the rigors of winter; which set their blood tingling, invigorating their systems, and sending them back to their work with a new color in their cheeks.

The carnival opens about Christmas, and continues well into March, during which time the railroad offers special rates. A large ice palace is devoted to ice skating and dancing, while a long toboggan slide, skieing, and sleighing to different places of interest, form the principal outdoor amusements.

Truckee being a freight division point, offers exceptional opportunities to the lumber industry. One mill, the Sierra Nevada Lumber and Wood Company, at Overton, cuts 30 million feet a year and employs 800 men; while the Crown Paper Company, located a few miles from Truckee, at Floriston, consumes vast quantities of timber in the manufacture of paper. This company employs a large number of men. With the advent of refrigeration of fruit shipments to the eastern markets, the ice industry was rapidly developed and the section now cuts over 200,000 tons of ice a year.



Second Foreword

Soon after this work was begun a number of willing workers offered their assistance by contributing useful articles toward this volume. And so it came about that before this manuscript was finished we had added to our staff of writers thirty progressive and efficient Nevada County women, who desired to make this book a practical guide and combination cook book for homekeeping—as well as a fountain for new information on the latest scientific subjects.

In addition to these interesting articles a few poems and miscellaneous things have been added to keep the busy home-keeper in good humor. The effort of the editor has been to produce a book that will offer variety of reading matter for people of various desires, to please the majority of grown folks and furnish a few things for the children with the hope that they may learn to love this little book and keep in touch with it and as they grow older it serves as a useful guide, so they will learn to respect some of the laws laid down in the various chapters.

We are sure its pages will shed much light on the problems which confront our coming generation and the fundamental principles which underlie the labors of healthy, happy and prosperous homes.

We wish to thank the Sisters of Mercy and the students of the Commercial Department at St. Mary's Academy of Grass Valley for their speedy and efficient work in typewriting this manuscript for the press.

THE EDITOR

INVITATION FROM THE MOUNTAINS

"Does winter to you mean a shut-in-time?" asks Helen Wild in the first line of her verses, "The Winter Trails," published in the recently issued hiking schedule of the California Alpine Club. Follows an alluring invitation which might well be sent broadcast to the snowbound East by boosters of Greater Northern California:

Then come with us and we'll show you real joy,
The tang of crisp winds from the sea
That makes the warm blood laugh aloud in your veins
As winter calls: "Come, tramp with me."

Your stride gains a new, more vigorous snap
On trails hardened under the rain,
And a good wood fire crackles gaily at noon
Before you turn homeward again.

The sun sinks early, and twilight's glow
Tinges valley and hill with blue,
As the evening star softly twinkles above
And signals a "goodnight" to you.

Tired hearts grow buoyant again,
Life regains a confident swing—
Following winter over the hills
On the trail that leads to spring.

—*Helen Wild*

CALIFORNIA'S GREETING TO SEWARD (1869)

We know him well: no need of praise
Or bonfire from the windy hill
To light to softer paths and ways
The world-worn man we honor still.

No need to quote the truths he spoke
That burned through years of war and shame,
While History carves with surer stroke
Across our map his noonday fame.

No need to bid him show the scars
Of blows dealt by the Scæan gate,
Who lived to pass its shattered bars,
And see the foes capitulate:

Who lived to turn his slower feet
Toward the western setting sun,
To see his harvest all complete,
His dream fulfilled, his duty done,

The one flag streaming from the pole,
The one faith borne from sea to sea:
For such a triumph, and such goal,
Poor must our human greeting be.

Ah! rather that the conscious land
In simpler ways salute the Man,—
The tall pines bowing where they stand,
The bared head of El Capitan!

The tumult of the waterfalls,
Pohono's kerchief in the breeze,
The waving from the rocky walls,
The stir and rustle of the trees;

Till, lapped in sunset skies of hope,
In sunset lands by sunset seas,
The Young World's Premier treads the slope
Of sunset years in calm and peace.

—*Bret Harte*

THE SONG OF A WILD DUCK

Oh, glorious are these hours I spend
With conscious power inside—
All sufficient unto myself
With never a crossing tide.
No human hand a bar to place,
'Cross my impetuous way,
The world a playground at my feet,
Calling, calling me on my way.

What then perchance a shadow falls
Troubling me for a time?
If by my side too long it stays—
I search another clime.
Why should I worry my care-free mind
With shadows in one wee place
When alluring countries e'er present
New mysteries for me to trace.

What then perchance a love may pause
Across my path to break
And linger till my heart half stirs
And warns me it may wake?
Oh, then indeed I must beware
And leave and play my part,
For freedom could not live within
Should love e'er claim this heart.

All sufficient unto myself,
Living by mine own guile,
Playing at times at the game of love,
But steeling my heart the while.
Wand'ring on through the golden days,
With youth strong at my side,
Ah, happiness shall e'er be mine,
With never a crossing tide.

—Rexy. Honolulu

HEALTH, BEAUTY AND EFFICIENCY

WOMAN IS THE CROWN OF CREATION

She is the ninety per cent factor in the construction of the human race, therefore she should be given the greatest consideration during the period of growth. She may be man's equal after maturity in many ways, if given a chance, but she cannot fulfill her requirements as a wife and mother or prepare herself properly for such work if she is compelled before the age of twenty to follow a trade or profession for more than four hours per day.

No one can be really beautiful and attractive unless possessed of health and efficiency and unless the power of a sound mind and body are employed usefully.

In order to obtain health which is the foundation we must obey nature's laws; we should study to know her requirements and carry out the program she has mapped out for us.

Nature wants every form to be properly developed, that is, to grow into a beautiful symmetrical form, evenly proportioned in body and brain.

In order to obtain such a perfect and vigorous development we must maintain positive health. Health is not a mere keeping free from disease, it is a state of constant physical, mental and spiritual happiness. The half developed, half-well, morbid and inefficient woman cannot endure the struggles of life very long. She begins to fade away soon after she is matured, or when the first shock or unpleasant experience comes into her life, because she does not realize that sorrow and disappointment are just as necessary for our development as rainy and unpleasant weather are for the growth of crops.

The first duty of every young woman is to lay a foundation for positive health and perfect maturity, that is, to prepare herself first for that particular life work for which nature has chosen her.

Whether a young girl plans to become a wife and mother or to remain single, is no argument against preparing herself. She should know that no woman can remain in health or be efficient or attractive for long, unless she is "all there" as a woman. With this foundation there is no reason why she should not be able to maintain her balance as a useful citizen and worker in the world in which she moves. Such women as Frances Willard, Jane Adams and Dr. Anna Howard Shaw prove this point.

Health and strength are not always identical. One may have great strength in certain muscles of the body or in some of the physical senses and yet may have poor health or be a nervous wreck.

A young girl may be able to rush through school and college and earn a big salary before she is of age or properly matured, but she generally has to pay big dividends later in life for cheating nature.

True education is based on natural laws. Our present system of education mingled with the rush after the almighty dollar, and the abnormal craving for pleasures which are in many cases misleading and harmful, do not tend to the up-building of body and soul, but to their deterioration.

The soul is far superior to the body, and character-building is after all the most important ideal to be reached. Yet, since the body is the temple of the soul, anything which interferes with the highest development of mind and spirit is an interference with the Divine plan.

HEALTH THE ONLY BASIS OF TRUE BEAUTY

The only possible way to promote health is by aiding Nature. Pure air, simple nutritious food, physical exercise, the care of the skin and the teeth, the proper use of sunshine and mental development, are all agencies easily used. Develop health habits. Live under the open sky as much as possible, study plant and animal life, and Nature in all her varied forms. Study to find pleasure in the simple, everyday happenings of life.

Do not envy those who live mere artificial lives. They may seem for a time to possess much that is enjoyable—they may have beautiful houses in which to live, dress extravagantly, plan gorgeous dinners and entertainments, fly from place to place in high-powered machines, and have all that money and position can give them. But in nine cases out of ten, the happiness they seek is a delusion. Diseased, nerve-racked bodies and unsatisfied minds and hearts, are the penalty paid for the mad chase.

The tendency is to follow custom, and it is not always easy to decide what is really worth while, or to have strength of mind to follow the path which seems to mean sacrifice. The wise mother or teacher is the one who can make the really right and good way seem attractive and desirable to the growing girl.

The period from fourteen to twenty is the time when part of her play becomes real work. Muscular training should go hand in hand with academic work, and should be as much as possible in the open air. Also that kind of exercise which most interests the mind will yield the best results. Many are unevenly developed so care should be taken to find that form of exercise and nourishment which will help to develop that part of the body and brain which is lacking.

Sometimes beautiful flowers are of slow growth, but Nature is full of possibilities of perfection, beauty and usefulness in many different lines. The old saying that "beauty and

brains do not mix well" does not hold true with the 20th Century woman.

No girl under the age of twenty-one should take a purely commercial training and take a position in an office or store, unless she has at the same time a proper physical training which will prepare her to endure the confinement, bad air and other drawbacks found in commercial life.

It is necessary to "learn to *produce* before learning to sell." She may have certain beauty and color of youth and she may please her employer by her ability to take dictation, run the typewriter, manage accounts or sell goods, but after a few years when marriage opens its door to her, she is often found to be a sad specimen of young womanhood, with a partly developed form. The transitory beauty has faded, the spine is curved, the neck thin and scrawny, the muscles contracted and the chest narrow and undeveloped.

If at the same time she gives the hours of the night which should be used for properly directed rest and recreation, to pleasure in the form of unrestrained dancing or roller-skating, she soon uses up the little reserve she possesses of health and strength. She is a pathetic figure—while a certain set of nerves and muscles of her neck, hands and face and brain have been trained, the large muscles of the body have not had their chance and she is in reality an imperfect woman. Yet she has all the normal craving to satisfy a woman's desire for the happiness of life, and often she tires of economic independence and lured by the longing for refinement and luxury, she sells that which she has left, into marriage, for a sale it is.

A woman with nothing to give but an undeveloped and defective body has little to give, while she expects much from her life companion. Aside from adding to the population of the world a few undernourished, sickly children, she is a constant source of anxiety to her husband, instead of his companion and source of inspiration. Many men under similar conditions weary of paying doctors' bills and doing two men's

work, and whether justly or not, feel defrauded, and weary of domestic ties, seek for freedom and the home is left desolate.

Such is the result which might so easily have been avoided by foresight and intelligent care.

In order to make healthy men and women and to revolutionize the alarming increase of mental and physical disease and inefficiency we must wake up to the realization that there is something radically wrong with the feeding and education of the present generation.

DRESS

The first object of dress is to protect the body against changes of temperature of the external air. It is important that the skin which is one of the great breathing organs of the body should be kept as near uniform temperature as possible.

One of the great evils, in dress of women of today is, that they cover the extremities of the body so poorly, that the circulation has to be maintained at an immense waste of nerve force. If the body is evenly clad over the whole surface, the limbs being dressed as warmly as the other parts, the external circulation can be kept up with ease, but when any part of the surface is inadequately covered, the blood has to be forced along by an extra supply of nervous energy. Thousands of women suffer from lack of sufficient clothing and don't know it. Their sensory nerves accustom themselves to the clothing by losing the finer sensibilities, so they do not feel the sensations of cold. As a result the skin of those parts of the body becomes coarse and thick, the muscles contract and the nutrition is impaired.

Not only do these conditions affect the nutrition of the skin, and finer muscular structure, but the joints and bony structures as well.

The invention of short socks for young children has done much to destroy the capillary circulation of the lower extremities and to cause malnutrition to the nervous and bony structures.

Women who do their own thinking are to be able to devise fashions to suit their own physical requirements and comforts instead of adopting Parisian style.

Men in the Arctic regions give special attention to the protection of three parts, the back of the neck, the wrists and the ankles.—*Healthy Home*.

NOBILITY

True worth is in being, not seeming;
In doing, each day that goes by,
Some little good—not in the dreaming
Of great things to do by and by.
For whatever men say in blindness,
And spite of the fancies of youth,
There's nothing so kingly as kindness,
And nothing so royal as truth.

—*Alice Cary*

THE HAIR

A woman's hair is said to be her "glory," if so, how necessary to give it intelligent care. A "well-groomed" woman will certainly crave soft, abundant and beautifully clean hair and give careful attention to insure it.

Proper shampooing brings out and insures a healthy scalp. After one is thirty-five or forty years of age the blood supply to the scalp is not so abundant as in youth, so redoubled care is necessary to prevent dandruff and falling hair.

There are many excellent shampoo preparations on the market. Always remember that washing the scalp is much more important than that of the hair itself.

If the face needs special treatment to open the pores or cleanse the skin, use sour whey, sour milk or a normal salt solution for bathing, or else steam the face and use a cold treatment to finish up for closing the pores.

For pimples or freckles use the inner part of a lemon dipped in water or use fresh raw strawberry juice. Rub in well.

THE RAINY DAY

The day is cold and dark and dreary,
It rains, and the wind is never weary;
The vine still clings to the moldering wall.
But at every gust the dead leaves fall,
My life is cold, and dark and dreary;
It rains, and the wind is never weary;
My thoughts still cling to the mouldering Past,
But the hopes of Youth fall thick in the Blast.
And the days are dark and dreary.
Be still, sad heart and cease repining;
Behind the clouds is the sun still shining;
Thy fate is the common fate of all,
In each life some rain must fall,
Some days must be dark and dreary.

—*From Longfellow*

LEAK SOMEWHERE

Editor—"We can't accept this poem. It isn't a verse at all! Merely an escape of gas."

Aspiring Poet—"Ah, I see; something wrong with the meter."—*The Medley*.

OMAR KHAYYAM AGAIN

The summer girl in the noisy sport suit breezed into the quiet little bookstore and demanded a copy of "The Scarlet Ship."

"I'm sorry, Miss," said the myopic clerk, "but I am not familiar with that title. Was it a novel?"

"No," parking her gum on the other side, "it was po'try. Mebbe it was called 'The Crimson Boat.' Then, at another puzzled shake of the clerk's head, she brightened. "Oh, I know, now, it was 'The Ruby Yacht'."—*The Writer's Monthly*.

The risibilities of a class were aroused when one of their number with wondrous self-assurance began a rendition of "Old Ironsides" as follows:

"Old Ironsides at anchor lay
In the harbor of Manon
A dead *clam* rested on the bay"

Contributed by a member of the "Nutrition Club."—*K. W.*

A modern pain costs more than the old-fashioned stomach-ache.

Alcohol is good for preserving nearly everything except secrets.

HOW TO KEEP HEALTH, BEAUTY AND EFFICIENCY

Having learned how to obtain health, beauty and efficiency we must keep up the stimulus that maintains it. We must awaken unused talents and faculties, transmute creative energies into mental force, and try to reach the goal of every worthy ambition.

The average man keeps alert and energetic automatically, through the mingling with his fellow men; so does a woman who is engaged in business or professional activities. And the married woman, whose professional business should be the happiest and most joyful of all—will often allow herself to become so absorbed in her own family and home affairs, that she neglects the ripening process that brings out the charms of matured womanhood and, as a result, she grows old too soon.

To keep young, we must keep associating with the young; we must not allow our minds to grow lazy and rusty by too much cooking and baking or by too much fancy sewing and embroidering and then be too tired to enter into the festivities that were partially the outgrowth of the preceding labors.

To help the growing boy and girl with their mathematical problems, their foreign language or their scientific research work may seem a strenuous work at times, but it pays, to keep up with the scientific advance of the world.

Ordinary housework is extremely good exercise and a wholesome change for those women who toil eight hours per day in an office in a confining position, but housework alone is not sufficient to keep mind and body young and alert.

Achievement of whatever kind, is the crown of effort, the diadem of thought.—*James Allen.*

Among the many valuable lessons the war has taught us, one is, that we eat too much; that we can get along with less meat, less sugar, and less white flour—and by doing so, we will have less temptation to overwork in the arts of artificial cooking and baking. We have more energy to spend for club work and civic improvements, and more opportunity for outdoor exercise and for keeping young.

Fresh air and physical exercise opens the pores of the skin and gives a fresh color and youthful appearance to the skin.

Eat for health and do not waste
Time and strength for mushy paste
When you can have delicious foods
With little labor just as good.

LINCOLN'S RULES FOR LIVING

Do not worry, eat three square meals a day, say your prayers, be courteous to your creditors, keep your digestion good, steer clear of biliousness, exercise, go slow and go easy. Maybe there are other things that your special case requires to make you happy, but, my friend, those I reckon will give you a good lift.—*Abraham Lincoln.*

WHY GROW OLD?

Not all people who have lived a certain number of years are the same age. Age is determined by the condition of the cells and tissues, not by the number of years one has lived.

It is our duty to live so well, as to live long and to rebuild our nervous system so as to be able to digest and assimilate food and infuse the body with rich red blood.

A healthy, happy existence during the last stage of our life is Nature's reward for getting in harmony with her laws. One of the greatest parts of our religion is our duty to prevent disease, to eat right, think right, breathe right and to rest at least eight hours out of every twenty-four.

The air we breathe is full of spiritual power, the water we drink is from the fountain of life. A normal human being enjoys mere being alive. The shortest road to a happy, ripe age, is to regard the body as the present dwelling house of the eternal, instead of dreaming of the perfection of some future state of existence.

Our body constitutes the source from which the immortal man receives its strength. In order to have healthy co-operation between mind and body, all functions must work together harmoniously.

As a seed requires the power of the sunshine in order to utilize the elements which it takes from the earth, so we receive our nutriment from the spirit through its elementary forces. The woman who confines herself to the specialty of motherhood only, who narrows down to the fixed thoughts and ambitions that her daughter marries "well" and her sons get good positions, is little better prepared for facing a beautiful ripe age, than is the woman who ignores motherhood or the preparation for the profession as a mother.

Keeping up the mental muscles during the years when domestic cares press heavily, is not always an easy task, but few things in this life are worth while that do not call for effort and close application to the object in view.

Mother is never too old to go to school again or to brush up on talents that have become rusty in the joints.

Youth is only a season of preparation for a productive period of human life and as such should be wisely employed for the bearing of fruit in harvest time.

MUSIC CULTURE

Music has a wonderful influence upon the health, beauty and harmony of the home and community life. Music arouses the emotions, it promotes the spirit of fellowship and co-operation, it expresses love, inspires democracy and develops health and beauty to the highest degree.

HOME AND MOTHER

Home and Mother! To loving hearts
How dear these words! In every clime—
Where'er a soul attains that love of Home
Which makes the heart more true, more brave
To bear the ills that fall across life's path—
We find responsive hearts inspired by these sweet words.
The love of home can keep the heart of youth unsullied
Pure amid life's varied scenes and luring snares.
On hills and plains, in homes all o'er this land
May hearts be light and glad, new courage take,
Each soul be filled with melody and peace.

—*Harriet M. Hauber*

Not all are as fortunate as to possess the talent for training of a musical instrument, but nearly everyone who has the power of speech has some kind of a voice. He or she may not qualify for exhibiting their voice in public, but for self improvement it is always beneficial to exercise the voice and stimulate the breathing power; it helps to develop a magnetic personality and sunny disposition. Aside from all these valuable assets music is a great healing agent and has peculiar values in the treatment of nervous and melancholic condition.

Every young woman, every mother and every grandmother should keep up her singing ability.

During rainy days, that is, during the hours of greatest depression think of some inspiring song of your childhood days; you will realize the balmy influence upon your soul; to hear it will bring back color to your face and brilliancy to your eye. It rests our depressed nerve centers and helps to reconstruct the entire body mechanism.

SONGS THAT MOTHER SANG

Go, sing the songs you cherish well,
Each ode and simple lay;
Go chord the notes till bosoms swell,
With strains that deftly play.
All, all are yours to sacred keep,
Yours choicest treasures 'mong;
But give to me till memory sleeps,
The songs that mother sung.

—*Ninette M. Lowater, Heart Throbs*

MUSIC IN THE MOUNTAINS

There must be something in the atmosphere of Nevada County which stimulates the vocal chords, for nowhere do we find more ability for song than in the towns of Grass Valley and Nevada City.

The carol singers, who at Christmas time are in such demand, both at home and in the larger cities of the state, make the air vocal with their beautiful rendition of the old English Christmas carols and many of the more modern harmonies. Even the children are more musical than elsewhere and sing with a joyousness pleasant to hear. This ability is used frequently in programs by home talent in the various halls and parks, where community singing is greatly enjoyed as well as the renditions by individuals and groups of singers.

If you want to see the largest gold center in the world, stop at Nevada City. Get information about mines and mining, and spend your vacation among gold, fruit and pine.

Nevada City has a free auto park with shady trees, shower baths, gas and sanitary housekeeping comforts. Five minutes walk to the business center of Nevada City. Fishing nearby. Free music from an elegant orchestra with plenty to eat at a popular restaurant.

Nellie Starr Hanson

For a clear complexion and a brilliant eye seek a high altitude and dry sunny atmosphere among health-giving pine trees.

Nevada County has the best climate in the world!

If you need breathing exercises have a change of climate. The dry balmy mountain air compels your lungs to breathe in a different manner than in a damp atmosphere or in a low altitude.

You can save greatly by buying your millinery, your drygoods and all lines of ready made suits, frocks and coats in Nevada City.

Why?—Because rent is cheaper.

National Hotel and Annex

Headquarters for local people, up-country travel,
commercial and mining men—EVERYBODY

Cuisine Unexcelled for Price and Quality
Meals a la carte

Special Rates by Week or Month For Rooms

NEVADA CITY, - CALIFORNIA
E. E. Leichter, for Rector Bros.

Nevada City has a new modern high school and many other up-to-date buildings, located all within walking distance among shady trees, near cooling rivers and fine groves. The Nevada County Libraries are equipped with all the newest literature, also contain interesting books of the 49'ers.

The reading rooms are light, comfortable and well ventilated and the buildings are equipped with rest-rooms and sanitary conveniences.

The schools have the services of a Red Cross nurse and enthusiastic leaders of progressive health movements for the prevention of disease.

Stranger—"Your mountain towns must be a healthy region."

"Healthy place? I should say so! We'd have a perfect record of no deaths, if it were not for the doctors."

"So it's the doctors, not the place, that is the cause of mortality?"

"Yes—place does it. It's the doctors that die off—starve to death."

NEVADA COUNTY NUTRITION CLUB, NEVADA CITY, CAL.
ORGANIZED JANUARY, 1920.

THE NUCLEUS OF A GREAT HEALTH MOVEMENT

Its aim is to study health in all its phases, prevent disease, raise the standard of living and improve the health of children.

WILL YOU JOIN US?

You are cordially invited to spend your vacation here, rest in the health giving pine groves and learn to eat scientific meals. Membership fee is only \$1.00 per year.

Membership entitles you to correspondence instructions on this subject at \$1.50 per year and ten self addressed envelopes. This will bring your monthly lessons to your home and answer your questions. *For further information address the Secretary,*

MRS. ETHEL O. PARSONS
BOX 77, NEVADA CITY, CALIF.

SCHREIBER RESTAURANT

**FINEST EATING AND DRINKING PLACE
IN NEVADA COUNTY**



**Large Electric Piano Orchestra
for Entertaining**

Nevada City Sanitarium

Coyote Street. Telephone 132

Location delightful summer and winter
Experienced Nurses. Homelike Comforts

Miss E. McD. Watson

STRICTLY GERM PROOF

Arthur Guiterman

The anti-septic Baby and the prophylactic Pup
Were playing in the garden when the Bunny gamboled up.
They looked upon the creature with a loathing undisguised—
It wasn't disinfected and it wasn't sterilized!

They said it was a microbe and a hot-bed of disease,
They steamed it in a vapor of a thousand odd degrees.
They froze it in a freezer that was cold as banished Hope,
And washed it in permanganate with carbolated soap.

In sulphuretted hydrogen they steeped its wiggly ears,
They trimmed its frisky whiskers with a pair of hard-boiled shears!
They donned their rubber mittens and they took it by the hand,
And 'lected it a member of the Fumigated Band.

There's not a microbe in the garden where they play—
They swim in pure iodoform a dozen times a day—
And each imbibes his rations from a hygienic cup—
The Bunny and the Baby and the prophylactic Pup.

HYGIENE

WHAT MIGHT HAVE BEEN

The following lines were ascribed to Bishop Doane, who complained that for hygienic reasons he was not allowed to play with his grandchild in the old fashioned way.

"The hand that rocks the cradle"—but there is no such hand.
It is bad to rock the baby, they would have us understand;
So the cradle's but a relic of the former foolish days,
When mothers reared their children in unscientific ways;
When they jounced them and they bounced them, those poor dwarfs of
long ago—
The Washingtons and Jeffersons and Adamses, you know.

They warn us that the baby will possess a muddled brain
If we dandle him or rock him—we must carefully refrain;
He must lie in one position, never swayed and never swung,
Or his chance to grow to greatness will be blasted while he's young.
Ah! To think how they were ruined by their mothers long ago—
The Franklins and the Putnams and the Hamiltons, you know.

Then we must feed the baby by the schedule that is made,
And the food that he is given must be measured out or weighed.
He may bellow to inform us that he isn't satisfied,
But he couldn't grow to greatness if his wants were all supplied.
Think how foolish nursing stunted those poor weaklings, long ago—
The Shakespeares and the Luthers and the Bonapartes, you know.

We are given a great mission, we are here, today, on earth
To bring forth a race of giants, and to guard them from their birth;
To insist upon their freedom from the rocking that was bad
For our parents and their parents, scrambling all the brains they had.
Ah! If they'd been fed by schedule would they have been stunted so?—
The Websters and the Lincolns and the Roosevelts, you know.

HYGIENE

During the last fifty years science has made much progress in developing scientific methods of Hygiene and sanitation to prevent diseases that are spread by animal or vegetable parasites, by direct effort against the breeding places of these disease carriers.

Many of these inventions have greatly reduced puerperal fevers, contagious and infectious diseases. Public hygienist and technical bacteriologist work hard to shake off the burden of epidemics and preventable diseases, which are the result of unclean food products, impure milk and drinking water, and imperfect sewer system.

Much valuable work has been done of late by various health centers in the better care and feeding of infants and of under-nourished, dependent and pre-tubercular children.

We are progressing, but we are still very much in the dark as to the cause of many diseases, especially the new types which fall into that large class, called nervous diseases. These latter forms of human ailments have increased during the last thirty years to an alarming degree.

In addition to the first mentioned methods it will require another form of sanitary methods in order to prevent and arrest this class of diseases. In general speaking men do the big things in life. Women do more of the detail work. Both are equally important.

Since "life and 'personal health'" are generally in charge of women, this is women's work and women's fight. Even with the best methods of external sanitation, with the purest of milk, water and food products we can make a filthy garbage can of our intestinal tract by the ingestion of improperly prepared foods, and by combinations of foods, which do not harmonize chemically, or which are prepared for the sake of sense gratification rather than for health and efficiency.

In order to prevent diseases which are caused by unclean, and impoverished blood, we must largely appeal to women and to our young girls, that they may qualify themselves first for work in the preservation of life, before entering the office, the factory or the business college with the aim of making themselves economically independent.

HINTS FOR INTESTINAL HYGIENE

1. Do not mix fresh meats and milk.
 2. Do not mix fresh meats and ice cream.
 3. Do not mix fresh meats with cake or very sweet fruits.
 4. Do not mix fresh yeast bread with potatoes.
 5. Do not mix milk, watery canned fruits and mushes.
 6. Do not mix beans and fish.
 7. Do not mix canned corn and fish.
 8. Do not mix cheese and milk and eggs at one meal.
 9. Do not mix ice cream, custards and soft puddings with meats or cooked vegetables.
-

"In my practice as surgeon I am impressed by the alarming increase of cancer cases lately brought to my notice—an increase which, in the light of general hygienic and sanitary improvements of our time, can have no other cause than an indulgence in certain foodstuffs detrimental to the normal life of the body.—*Dr. Chas. Mayo, Rochester, Minn.*

THE NEW HEALTH CENTER

Everybody is going to the New Health Building Center. It is a Summer and Winter Resort. All outgoing trains and stages leave Nevada City connecting everywhere with the North, South, East and West.

A popular Western newspaper is delivered daily at your door. All other newspapers and magazines at the News Shop, or delivered at your door. If you want to start housekeeping, there is gas and electric lights everywhere, many labor saving devices, all kinds of stoves and hardware in the large stores of Nevada City and Grass Valley. Your laundry is called for daily; everything delivered at your door.

You can breathe country air and have city conveniences. Fresh eggs from the farms. Best quality of stall fed meat, the best apples and Bartlett pears in California, fresh walnuts and all kinds of berries. Strawberries from the garden are in the market until the first part of December.

Fresh milk is delivered twice a day from nearby ranchers. First grade milk and cream delivered once a day from a sanitary dairy. Fresh fruits and vegetables of all kinds and several large first class grocery stores will take your orders daily. You can also have everything in the line of health foods and wholesome breads at the bakeries and a variety of refreshments, ice cream and fancy dishes are served at the different confectionery parlors.

DO YOU KNOW Real Estate is selling fast because the new highways are nearly completed?

DO YOU KNOW a rich man who does not own Real Estate somewhere?

DO YOU KNOW anyone who ever got rich on wages alone?

DO YOU KNOW that nothing can destroy Real Estate except war?

DO YOU KNOW that the best prevention of old age poverty is Real Estate?

DO YOU KNOW that unimproved Pear Land may be purchased for \$25.00 per acre and up?

DO YOU KNOW that Bearing Orchards net from \$150.00 to \$300.00 per acre?

DO YOU KNOW that Nevada City is not in the State of Nevada? That it is in California?

Before you go to Switzerland visit the Paradise of California. Make your headquarters in Nevada City.

If you go to Nevada City do not pack your hats. You can buy hats as fine as the climate and styles up to the minute in Miss Hoeft's Millinery Store.

ROMANCE OF THE 49'ERS

More interesting than fiction. Wonderful achievements of the pioneers of Nevada County. Colorful romance and true love stories of these thrifty and ambitious men and women. Their getting rich quick methods and their whole hearted willingness to struggle and endure the hardships of the Wild West, the dangers of the Indians and the lonely log cabin life.

These stories are told by those who are still living. Extracts from diaries and stories tell of interesting landmarks. Early methods of travel and transportation. Tragic story of the Donner Lake party.

Every thrifty and ambitious man and woman should possess a copy of this wonderful book.

This book is in preparation now. It will be ready for publication in May, 1922. Advance subscriptions 75 cents, ending April 15th. Order through the secretary of the Nevada County Agricultural Club, Mrs. James Watt, 506 Linden Ave., Grass Valley, California.

For a honeymoon trip choose Northern California. Visit the interesting spots where the 49'ers made their fortune.

You can save greatly by buying your jewelry and gifts at the Gold Center.

Sightseeing trips by auto stage, train, electric car and easy motor busses.

Theaters, dance halls, hunting, fishing, swimming and all kinds of sports.

Nutrition Experts Don't You Agree?

*Just for the moment forget the obvious economy
of H-O (Hornby's Oatmeal).*



Forget, too, that because we steam-cook H-O two and one-half hours in the big kitchens in the mills, 20 minutes' cooking in the home finds it digestibly done.

But aside from economy, convenience and nutrition, isn't flavor highly important?

Doesn't H-O deserve a place in your home simply because your family will love its flavor?



H-O CEREAL COMPANY, Inc.

54 FULTON STREET

BUFFALO, N. Y.

Grants Hygienic Cracker and Hygienic Breakfast Food

Eaten Daily in Place of Bread will Keep the System in Perfect Order. A week's trial will convince you
Are You One of the Seven?

Statistics show that seven out of ten persons are afflicted with some stomachic ailment—constipation, dyspepsia, sick headache or sour stomach.

Relief is at Your Disposal

Grants Hygienic Crackers are made from the formula of an old French doctor. For over a decade they have saved the lives of thousands. From one side of the continent to the other they are recommended and eaten by doctors and physicians. (We have their testimonials).

Without Medicine

Grants Hygienic Crackers are not Medicated, but are composed of a blend of course ground grains and vegetable oils so scientifically combined that their natural properties provoke the bowels to their normal healthy action.

Try This Every Day Food

Try eating our foods one meal a day for a week and see how much better you feel—and how much you save. Once tried not denied.

The ailing eat them to get well
The well eat them to **KEEPWELL**

Manufactured and Guaranteed by

Hygienic Health Food Company

STATION A, BERKELEY, CAL.

NUTRITION

FOOD AS BUILDING MATERIAL AND FUEL

BY W. O. ATWATER, PH. D., U. S. DEPT. OF AGRICULTURE

The Body as a Machine

Blood and muscle, bone and tendon, brain and nerve—all the organs and tissues of the body—are built from the nutritive ingredients of food. With every motion of the body and with the exercise of feeling and thought as well, material is consumed and must be resupplied by food. In a sense, the body is a superior machine. Like other machines, it requires material to build up its several parts, to repair them as they are worn out, and to serve as fuel. In some ways it uses this material like a machine; in others it does not. The steam engine gets its power from fuel; the body does the same. In both cases the energy which is latent in the fuel—the potential energy, as it is called in scientific language—is transformed into power and heat.

From the time foods are taken into the body until they are digested, absorbed, utilized, and finally converted largely into the carbon dioxid and water vapor of the breath and the nitrogenous and other excretory products of the urine and feces, they undergo great chemical changes, very many of which liberate heat as a result of oxidation or some closely related process. It is through these complex chemical processes that the body derives the energy for internal and external muscular work. Heat is evolved by such chemical changes and also results from the muscular work of the body, and there is reason to believe that within wide limits the heat thus produced is sufficient for maintaining body temperature. The amount of heat produced in the body must, of course, vary with the amount of food eaten, the work done, and other circumstances. However, the body is such a perfect

piece of mechanism that the loss of heat by radiation, etc., is so adjusted to heat production that body temperature remains fairly constant.

One important difference between the human machine and the steam engine is that the former is self-building, self-repairing, and self-regulating. Another is that the material of which the engine is built is very different from that which it uses for fuel, but part of the material which serves the body as a source of energy also builds it up and keeps it in repair. Furthermore, the body can use its own substance for this purpose. This the steam engine can not do. The steam engine and the body are alike in that both convert the fuel into mechanical power and heat. They differ in that the body uses the same material for fuel as for building and also consumes its own material for fuel. In the use of its source of power the body is much more economical than any engine.

But the body is more than a machine. It is not simply organs to build and keep in repair and supply with energy; it has a nervous organization; it has sensibilities; and there are the higher intellectual and spiritual faculties. The right exercise of these depends upon the right nutrition of the body.—*Quoted from Farmers Bulletin, No. 142.*

A healthy person requires from 1,500 to 4,000 calories per day, according to age, season of the year and the kind of occupation.

It is not necessary for a normal individual to count the number of calories in his daily menu. But it is very important to study correct chemical food combinations and see that each meal contains a certain amount of protein, fat and mineral matter in the right proportion and enough carbohydrates to satisfy the appetite. This will make the number of calories right.

The foregoing illustrations explain in simple language how dependent our body mechanism is on proper building material during the period of growth. Structure and function are inter-dependent. Just as the fire and smoke of the engine are dependent on the structure of the machine, and the quality of fuel.

The mind develops as far as we know by gradual and natural processes from the germ cell, and later from the body mechanism. Sensations are the element of the mind. Sensations are carried by the sensory nerves of our body mechanism through the skin, ears, eyes, nose and mouth to the receiving station of the brain. The brain is the physical instrument by which mental processes and action between mind and body are carried on, first by hereditary instinct and memory. Associative memory and registered experience are the first factors in the development of the mind. Next to that we have intellect, consciousness, bridges of reasoning, will, and the powers of responses and motions by which we express action with our nerves, muscles and sense organs.

The power and efficiency of these physical and mental processes from sensation to volition and motion depend on the strength of the body mechanism.

An under nourished person with a weak stomach or lungs, weak arms, a weak neck or arrested pelvic development cannot be balanced in mind and body, because the dwarfed organs and blood vessels cannot distribute the red blood evenly through the different parts of the body, therefore the life-force cannot penetrate, and evolution cannot go on normally

The Blood is the Life—Its Structure and Function Depend upon the Building Material

The first eight to ten years of a child's life are the most important and therefore the best time to prevent or modify the development of hereditary weaknesses, and abnormal tendencies. If a child is well nourished, has been in fairly

good health, and able to adapt itself to practical conditions of life up to the age of ten, it is generally able to adjust his thinking and acting to new requirements as they present themselves in school and at home, up to the age of sixteen or eighteen. It should be able to do at least ten grades of elementary schooling and at the same time acquire an all around physical development, provided the proper conditions are furnished at school and in the home.

“Hello Billie, tell me what was it you had for dinner last Saturday when I called for you to go to the baseball game?”

“Oh, just a new funny combination. Roll’d oats with a fork, bacon, prunes, lettuce and then nuts for dessert. Tastes all right. Sticks to the ribs. I never was much hungry for supper.”

FUNCTIONS OF THE STOMACH

One girl who desired to enter the physiology class was asked to define the functions of the stomach. She replied, “The functions of the stomach is to hold up the petticoat.” This girl was raised in the country, where petticoats are still worn.—*Lansing (Kan). News.*

The top-floor apartment in the brain is the cranium. The brain is done up in gray and white, furnished with light and heat and regular connections to the outside world by way of the spinal circuit, usually occupied by the intelligence camp, but sometimes out of commission through heavy fog.

HOW TO EAT AND GROW THIN

An evenly proportioned figure is a great asset to beauty and health.

Sometimes corpulency is due to an organic disease and then it can only be cured safely by a physician.

But there are thousands of people who suffer from obesity as a result of over-eating or wrong eating, and who could reduce themselves to normal size by studying correct food combinations.

Sometimes a change of occupation or a few weeks' vacation, especially if taken in the spring of the year, will make the treatment much easier.

Do not take the advice of a friend who tells you to use drugs, violent exercise, steam baths, or drastic methods of dieting. Study your own constitution and find out what particular kind of diet is most agreeable for your case.

If you belong to the vital temperament, study nutrition with reference to that particular temperament. If you belong to the motive or to the mixed type, note the important rules laid down for that temperament. These chapters contain valuable information in a condensed form that cannot be found in any other book.

In addition to the study of special methods of nutrition, there are a few suggestions that must be carefully observed if one would master permanently this disease habit of fat.

Heredity is no doubt a powerful influence in many cases, but with a good deal of determination, self-denial and concentration one can obtain wonderful results.

While gymnastic exercise is better than no exercise at all, yet it cannot compare with productive work and wholesome recreation in the open air.

For scientific food combinations see "Essentials of Dietetics." Price 50 cents. Order through Nevada City Publishing Company, Box 164, Nevada City, Cal.

Many women who lead an active life by long hours of physical or mental work, may think that the exercise they take doing this work is sufficient to satisfy their needs. But is this work always satisfying to the soul or is it purely mechanical, and a matter of dollars and cents, or of self-love for the sake of keeping up style or appearance? Or could it be improved upon, making it a more healthful work by more sunshine, fresh air, and a better system to shorten the hours?

Concentration arouses ganglion energy. Love and joy in one's work combined with deep study and the understanding of Nature's laws are the secrets that underlie all treatment of chronic ailments.

Day by day I am fading away
While I look joyfully on,
The fat that was there, that I thought was fair,
I am letting go without a care.
Thin and slim, thin and slim in body and limb,
With fifty pounds less I look neat, tidy and trim,
Friends make an effort, grow graceful and thin,
Consider that excess of fat is a sin;
Keep mind alert, the heart from growing cold,
And never, never eat as much as you can hold.

For a rational vegetarian diet see *Vegetarian Supplement* to "Scientific Feeding." Price \$1.50. Postpaid \$1.60. Order through Nevada City Publishing Company, Box 164, Nevada City, Cal.

SAMPLE MENUS FOR OBESITY (Vital Temperament)**I**

10-12 A. M.—A short time recipe, except those with white flour.

4-5 P. M.—A green leaf vegetable in the form of spinach, kale, cabbage, artichoke or string beans with lean meat or with bacon and eggs. Grant's Hygienic cracker or any kind of whole meal bread, baked apples, stewed prunes, or any dried stewed fruit without sugar.

Do not drink during the meals. If coffee is desired, take one-half cup without sugar and cream about twenty minutes after the meals. If more food is needed, take fluid foods about 2 P. M.

II

10-12 A. M.—Fruit, eggs, unfermented whole meal bread or crackers.

4-5 P. M.—Combination salad of one or two raw fruits and vegetables, French or mayonnaise dressing, lean meat, cheese, eggs, nuts or legumes. Gelatine or dried stewed fruit.

III

10-12 A. M.—A green leaf vegetable of spinach, artichoke or string beans, with bacon and eggs, toasted or unfermented whole meal bread.

4-5 P. M.—Combination salad with additions as given in No. II.

IV

A fast until 3 P. M. daily. Then select any of the foregoing menus to suit the appetite. If more food is needed, take broth or buttermilk with toast at 7 P. M.

NOTE: Menus I and II are designed for those who are actively engaged in work. The hour for breakfast may be changed to 8 A. M. or 12 M., or be left out entirely. Fluid foods may be taken between meals with whole meal bread or toast.

Menus III and IV are for those who are able to rest or work as they are able.

People who are in perfect health may take a fast of 24 or 36 hours once a week while doing their work as usual. While those who feel faint when going without a meal should remain in bed or lie down during those hours.

VARIETY OF SAMPLE MENUS FOR OBESITY

(Vital Temperament)

(Each line presents one menu)

Raw fruits with raw leafy vegetables and one protein.

Well cooked grains with scalded milk (hot or cold).

Raw grains with cream, celery, nuts, sub-acid fruits.

Well cooked grains, butter, dried fruit (soaked), bacon.

Cooked leafy vegetables with lemon, one starch, meat, or eggs.

Lettuce, apple-pie or apple salad, cheese, nuts or eggs.

Lettuce, potato salad or acid treated bananas, salted meat or nuts.

Lettuce, carrot salad, beans, peas or lentils, fat meat.

Lettuce, carrot or apple salad, fish, meat, nuts or cheese.

Baked potato or toast with buttermilk, nuts, cheese or eggs.

Rest before each meal in the lying position.

If soups are desired, use only perfect soups. See chapter on "Nutritious Soups." Avoid all soups that are prepared with water and protein only, without the proper addition of fat in an emulsified form. Avoid all artificially prepared desserts except: fruit pie, French pastry with fruit, stewed or raw fruits, or white meal bread, or cracker with one-half cup of weak, black coffee without sugar and cream, or bran tea.

If light lunches between meals are needed, choose clear broth, lemonade, lemon egg-nog, broth with egg, buttermilk, sour whey, bran tea, legume tea, or modified rich milk.

Foods which should predominate in the diet for the vital temperament: acid and sub-acid fruits, oily fats, almonds, fish, rye, oats, rice, sago, buckwheat, gelatine, white fish, goose, white meats, pork, sauerkraut, green leafy vegetables, green peas, cabbage, string beans.

SAMPLE MENUS FOR OBESITY (Motive Temperament)

I

8-10 A. M.—Pineapple and banana salad, one tablespoon grapenuts.

4-7 P. M.—Green salad or cooked vegetables, beef, potato, dried fruits.

II

8-10 A. M.—Apple or pineapple salad, cheese or nuts, whole meal bread.

4-7 P. M.—Green peas or beans, carrots, lettuce salad, potatoes, oranges or dried fruits.

III

8-10 A. M.—Potato salad, raw green leaves, lean meat, or cheese, or eggs.

4-7 P. M.—Salad of fruits, nuts and green leaves.

Any of the foods suggested for the vital and sanguine temperaments may be used except that the motive temperament may use *more fruits, more meats, more grains*, and less fats.

Take plenty of outdoor exercise and physical work.

ADVICE FOR THE MIXED TEMPERAMENT

To simplify the rules for this temperament, follow the plan of diet for the vital temperament during the first part of the day. Use more of the animal foods that are suggested for the sanguine temperament during the latter part of the day.

“Nutritional Guide with Study of Temperament” is a new book, now in preparation, the only one of its kind for nutrition investigation with reference to physiological and phrenological differences. Order through Nevada City Publishing Co., Box 164, Nevada City, Calif.

HOW TO EAT AND GROW FAT

As a rule it is far easier to reduce the fat of an obese person than it is to put on flesh for one who is lean.

Much has been written with reference to special foods for reducing. Certain foods are supposed to be special brain and nerve food and other body foods.

While there is a grain of truth in this particular form of classification of foods, it is hard to understand for one who is not thoroughly familiar with the structure and functions of the human body and the difference under normal and abnormal conditions with reference to digestion, circulation and oxidation.

A perfectly balanced and normal individual, that is, one who is evenly proportioned in brain and body, who can think as clearly with an empty stomach as with a full one, who can make his organs act upon his food instead of allowing the food to act upon his organs—that person has little need for special brain or body foods, or for any particular method of dieting. His intuition selects the kind of food that is required.

But even some of the most perfect specimens of healthy persons are today victims of disease or malnutrition. The staggering mixup of fancy foods and the extreme artificial life of today has deadened the sense of feeling to such an extent that reason for eating is governed more by a pleasant sensation than by true hunger.

A woman who has no organic disease and suffers from loss of flesh or from malnutrition, is either depriving herself of the proper building foods, or else she destroys the functions of nutrition by abusing her vital organs and the nervous system. Misfeeding, strong stimulants, or improper breathing and unsuitable occupation are the principal causes.

Great mental or physical exertion carried to extremes are almost always associated with a lean body. These people belong almost exclusively to the sanguine, nervous type.

Thousands of this class suffer from wasting diseases, or die of consumption. Many of this type of people are sick and exhausted because they are so dangerously strong. Their bodies, instead of being the servants of the mind, become its slaves. They must change their way of thinking before they can adjust themselves to a sensible method of eating.

This book was not designed to cure diseases, but it is worth its weight in gold to all who earnestly seek to help themselves by self-study and not by seeking the line of least resistance—that is, those who are willing to do the work of reconstruction themselves.



The Arcade ^{FLOUR} MILL

FIFTY years' experience in manufacturing grinding machines makes it possible for us to offer you the scientifically correct Arcade Flour Mill for grinding flour and meal from whole grains. This mill should be in every home.

Thousands of people are finding it convenient and economical to grind their own grains—wheat, rice, barley, rye, corn and others—in their homes. With an Arcade Flour Mill flour and meal ground from whole grains save about three-fourths of the price of ordinary flour.

IMPORTANT! Write your name clearly and give your complete address.

The Arcade Manufacturing Company

FREEPORT, ILL.

With peas, beans or lentils it is not necessary to serve whole wheat bread, because legumes contain what the white flour is lacking.

SAMPLE MENUS FOR THIN PEOPLE

(Sanguine Temperament)

For breakfast choose any of the "Short Time" recipes that are agreeable.

At 10 A. M. or 11 A. M. take a glass of milk or broth with a little toast.

At noon choose "Correct Food Combinations." (See menus on following pages:

Sleep or rest after each meal in the lying position.

Between 3 and 4 P. M. take custard, rice pudding, gelatines, milk, egg-nogs or any light food as suggested for light lunches for the vital temperament.

At night take light foods such as milk, toast and eggs, or green vegetables with meat or fish, fruit and one starch. Avoid tea and coffee.

Foods which should predominate in the diet for the sanguine temperament: Sweet and sub-acid fruits, corn, wheat, barley, macaroni, butter, milk, cream, eggs, lean meat, nuts, dried beans, leafy and starchy vegetables, shell fish and game.

The forces of nature are transmitted through the agency of the sun. The sun bathes us with elementary metals. Red is the center of heat; yellow the center of luminosity; blue is cooling and electrical. Red, yellow and blue match the three fundamental notes in a musical scale.

"The Affinity of Colors in Their Relation to Nutrition." Order through Nevada City Publishing Company, Box 164, Nevada City, Calif.

CORRECT FOOD COMBINATIONS

SUNDAY

Breakfast	Peaches or berries and cream.
Dinner	Apples, lettuce, bread, nuts.
Supper	Spinach, eggs, shredded wheat.

MONDAY

Breakfast	Oatmeal or wheat, bacon, prunes.
Dinner	Tomato soup, toast, chops, string beans.
Supper	Baked potato, milk, custard pie.

TUESDAY

Breakfast	Shredded wheat, with butter, or bananas and cherries.
Dinner	Pea soup, omelet, bread, nuts.
Supper	Green salad, rice pudding, nuts.

WEDNESDAY

Breakfast	Baked potato, fish or eggs, toast.
Dinner	Green salad, meat, fruit, pie.
Supper	Oatmeal soup, soda crackers, cheese.

THURSDAY

Breakfast	Grant's Hygienic Cracker, apples or plums.
Dinner	Melon, green salad, peas, toast.
Supper	Cabbage, eggs, shredded wheat, olives.

FRIDAY

Breakfast	Bananas with berries or tomatoes.
Dinner	Clam soup, toast, corn, green salad.
Supper	Apple salad, fish, fruit, pie.

SATURDAY

Breakfast	Bran mush, prunes, toast, cream or butter.
Dinner	Carrot salad, potatoes, baked beans, pork.
Supper	Vegetable soup, French toast, baked apples.

"I have come to the conclusion that more than half the diseases that embitter the middle and half part of life is due to avoidable errors in diet, and that more mischief in the form of actual disease of impaired vigor and of shortened life accrues to civilized man from erroneous habits of eating, than from the habitual use of alcoholic drinks—considerable as I know that evil to be."—*Sir Henry Thompson, M. D.*

TWELVE NUTRITIOUS SOUPS FOR THE SCHOOL LUNCH

BEAN SOUP

Wash a cup of white beans and soak over night in a quart of soft water. The next day bring to a boil in the same water with 2 sliced onions and potatoes, also parsley and green onion tops. (If meat flavor is desired, a piece of ham bone gives it a fine taste). Then add about 2 quarts of boiling water and some salt. Let the soup cook slowly for about two hours. Then heat three tablespoonsful of left over bacon drippings or other fat, mixed with three tablespoonsful of mixed flour. Stir over fire until slightly yellow; pour into the soup and let all boil for an hour longer. Then strain the soup through a colander; add 1 cup of strained tomato juice or some lemon, also chopped parsley if desired. One cup of raw beans should make from 4 to 6 large soup plates full of soup.

CREAM OF BEAN SOUP

Use no fat or flour for the soup; instead dissolve corn-starch with cold water and thicken the soup during the last half hour before serving. Heat some cream or top milk in a separate sauce pan, remove back from the fire, mix, flavor and serve.

QUICK PEA SOUP

Peel and cut up 2 onions and 2 potatoes; put to boil with a quart of cold water; cook until potatoes are soft. Mash all up fine with a potato masher. Then open a can of green peas; add to the soup and mash again until all is fine. Pour in enough boiling water so as to make about 6 plates full of soup. Then mix 3 tablespoonsful of white flour with 3 of cold oil or melted fat or butter and stir into the boiling soup. Let all cook for 10 minutes longer, then press through a colander and serve.

QUICK BEAN SOUP

Prepare in the same manner, from canned beans as from canned peas.

SPLIT PEA SOUP

Select green or yellow split peas; soak over night. Use the same preparations as for bean soup and prepare in the same manner. Peas require less time for cooking. Celery is the best flavor for peas.

LENTIL SOUP

Prepare like split pea soup. Lentils are rich in iron and do not require green leaf vegetables for flavoring. Onion is the best flavor for lentils.

OATMEAL SOUP NO. 1

Wash $\frac{1}{2}$ a cup of steel cut oats with cold water. Bring to a boil with 2 or 3 quarts of hot or cold water. Add salt, parsley and several finely cut onions and potatoes. Boil all for two hours. Then mash up fine and strain through a colander. In another saucepan heat a pint of rich milk or thin cream to the boiling point and pour into the oatmeal soup. Add chopped parsley and serve. Makes 4 to 6 plates of soup.

OATMEAL SOUP NO. 2

Prepare in a similar manner as bean soup. Use butter or bacon fat and slightly brown it in the frying pan; add to the soup and boil all 10 minutes longer. Then strain and serve without adding milk or cream to it.

BARLEY SOUP

Soak the pearl barley over night and prepare like oatmeal soup. (Note—Green stems of kale make a fine flavoring for oatmeal and barley).

MEAT SOUP NO. 1

Select beef, lamb or chicken. Flavor with potatoes, onions and green leaves. Boil rice in a separate saucepan with salt and water, 3 tablespoonsful of rice to a pint of boiling water. When the grain of the rice is bursted, cover and cook in an oven or back of the stove for an hour longer. Remove from the fire and add a piece of butter, grated nutmeg and the yolk of an egg. Mix all well and put in soup plates. Strain the meat, soup, pour over it and serve.

MEAT SOUP NO. 2

Soak $\frac{1}{2}$ a cup of pearl barley over night. The next morning put to boil in cold water; add salt and simmer for 3 hours. Then mix with the strained meat soup; let boil half an hour longer and serve. If prepared in the above manner, the nutritive quality of the barley is better utilized and the flavor of the soup is better than if cooked together.

CLAM CHOWDER

Prepare the same as oatmeal soup (No. 1); omit the oatmeal. Mash up potatoes and onions, strain through a colander; add the minced clams and some hot cream or top milk. Use 1 part of cream to 3 or 4 parts of soup. Add chopped parsley, also pepper if desired. (Note—A little coarsely ground pepper makes a good addition to all milk and cream soups. Do not boil the pepper).

N. C. Nutrition Club

MIXED FLOUR

Mix two cups of white flour with one cup of rice flour and one of cornstarch. Sift and keep in a tin box for sauces and soups.

RYE NUTS

Remove the outer crust from a loaf of stale pompernickel and grate the soft part on a grater. Pour the crumbs on a large piece of paper, and dry in the sun or in an oven. Keep in a dry place, in a tin with good ventilation.

SHORT TIME RECIPES

Women who are occupied outside the home during the day or part of the day cannot afford to spend much time preparing a meal that is consumed in half an hour or less. But they are often more interested in eating for health and strength than are professional housekeepers. For all who wish to save time and labor the following recipes might be of value.

The quantity of cereal given is estimated for one person at one meal.

HEALTH PANCAKES

Mix two heaping tablespoonsful of yellow cornmeal with $\frac{1}{4}$ cup of milk or cream and enough salt to taste. Bake on a hot griddle or pie tin; cover until brown on one side, then turn and cover again. If cream is used in place of milk it may be thinned with a little water. The dough must be thick enough so as to hold together in the pan. A little experience will soon teach the correct proportion of liquid and cornmeal. Sour milk or cream or half sour and half sweet milk or cream may be used. Serve with syrup, baked apple, raw shredded apple, stewed cranberries, prunes or dried apricots. If more food is required bacon makes a good addition.

BUCKWHEAT CAKES

Mix 2 heaping tablespoonsful of unleavened buckwheat flour with $\frac{1}{4}$ to $\frac{1}{3}$ cup of rich sweet milk or cream and salt to taste. Pour on a hot griddle, cover until brown, then turn until other side is browned. Serve with syrup or with dried prunes. Also with bacon if desired.

Home ground flour makes better flavored and more wholesome flour than you can buy. Why? Because all the nutriment is retained. This is a fact upon which food experts agree.

STARCHLESS OATMEAL

Bring 3 cups of water to a boil with $\frac{1}{2}$ teaspoonful of salt, put into it $\frac{1}{2}$ cup of H. O. rolled oats and boil fast for 20 minutes. Then pour into a colander to allow the dissolved starch and water to run into a bowl; when all is removed pour the oats on a saucer and add a piece of butter; mix well and serve with bacon and stewed or soaked prunes, or with dried apricots or raisins. In place of the butter, one may serve the oats with cream or milk. Sweet fruits and a few nuts make a good addition, also bananas, if agreeable. This combination can form a perfect meal at any time during the day. This recipe is especially valuable for people who have been advised to use less starchy food in their diet.

If there are healthy people or growing children in the home it is well to utilize the left-over starchy water for gruel or cream soup, if not, it is better to throw it away than to have it wasted by decomposition in a stomach which is already over-fed with starchy material. For preparation of cream soup see "Oatmeal Soup" under "Nutritious Soups for the School Lunch."

UNCOOKED OATMEAL

Soak $\frac{1}{2}$ cup of H. O. rolled oats with $\frac{1}{2}$ cup of warm water and a pinch of salt over night or for several hours. Set the cup with the oats into a pan of warm water 15 minutes before serving; add a few dried raisins, prunes or dates if desired. Serve with a little cream or rich milk. Masticate the cereal well and do not think about the raw starch as undigestible material; if the stomach cannot digest it, it will pass out undigested with less danger of fermentation than sticky, swelled up and partially cooked oatmeal. A few nuts make a good addition. Oatmeal is one of the most perfect foods that may be served at any time of the year and can be eaten daily with impunity. It can only become harmful or too heatening to the system by mixing it with sugar, eggs, red meats or other unsuitable foods at the same meal. Oat-

meal renders the secretion of the stomach alkaline, especially if served in the uncooked state. It is rich in minerals and it can serve as a sedative and very satisfying food to the nervous and high-strung individual.

STARCHLESS RICE

Soak 2 tablespoonsful of rice with $\frac{1}{2}$ cup of water over night. The next morning bring 3 cups of water to a boil with $\frac{1}{2}$ teaspoonful of salt; drain the rice on a colander and pour into the boiling water. Let the rice boil fast for about 30 minutes, so the grains will burst, then pour on a colander and drain. Serve in the same manner as starchless oatmeal.

If the starch is not to be removed, use 2 cups of water instead of 3 and let the rice cook a little longer or set in the oven to dry out by baking.

GRANT'S HYGIENIC CRACKER

Place $1\frac{1}{2}$ crackers into a saucer or soup plate, pour over $\frac{1}{2}$ cup of cold water, add a pinch of salt and let stand over night. The next morning set the plate over hot steam or heat the cracker on a hot griddle or fry in oil or butter. Serve with bacon and dried or sweet fruits or with cream or milk and sweet fruit. This menu constitutes a perfect meal for any time of the day. Nuts, raw vegetables or salads make a good addition.

For people who have good teeth it is best to chew the cracker dry and serve with milk, soup, vegetables or with tea and coffee. For people who require acids, sour milk or strained tomato juice form an excellent addition with the cracker.

SHREDDED WHEAT

Place $1\frac{1}{2}$ of wheat biscuit into a saucer, add a pinch of salt and a cup of boiling water. When the water is absorbed add $\frac{1}{3}$ of a cup of hot cream or $\frac{1}{2}$ cup of rich milk and serve. In place of milk or cream use butter and serve like rice or oatmeal.

WHITE FLOUR PANCAKES. No. 1

Beat 1 egg very light, mix with 3 or 4 ounces of warm water or $\frac{1}{2}$ milk and $\frac{1}{2}$ warm water, and $\frac{1}{2}$ cup of flour; salt to taste. Pour this thin mass into a hot frying pan in which 2 tablespoonsful of oil have been heated. Cover and bake on a hot stove or over a moderate fire or gas flame until brown on one side, then turn and cover again until done. Serve with syrup or with apple sauce or any tart fruit sauce. A lettuce salad makes a good addition if served at noon.

POP OVERS

Prepare the dough the same as in the foregoing recipe; beat the dough well; pour into hot oiled gem pans and bake in the oven.

WHITE FLOUR PANCAKES. No. 2

Cut some bacon into narrow strips, then crosswise, brown in the frying pan and mix with the dough as prepared for white flour pancakes No. 1.

WHITE FLOUR PANCAKES. No. 3

Prepare the same as for No. 1. Use thick sour milk or cream instead of warm water or sweet milk. These are easier to digest for people with certain forms of digestive trouble.

APPLE PANCAKES

Prepare the same as No. 1; use sweet cream or very rich milk instead of warm water. Slice a tart apple very thin or shred on a shredder; mix with the dough and bake.

ROMAN MEAL CAKES

Mix $\frac{1}{2}$ cup of flour with 1 teaspoonful of baking powder, salt and 1 cup of Roman meal. Sift, mix with milk or cream and the beaten white of an egg. Fry in oil.

N. C. Nutrition Club

DISHWASHING

Dishwashing takes up so much time in every household that it is a subject which should receive some attention.

The housekeeper who serves much raw food saves time and strength by relieving herself of greasy dishes and sauce-pans.

People whose time is valuable can save much work by placing the dishes from the draining board upside down on a shelf prepared from wooden slats, or set them in a wire basket and let them dry without wiping.

If the dishes are not washed immediately after each meal, place the silverware and knives in a high bowl or quart measure and let them soak in hot or cold water. Never allow metallic spoons to stand in fruit sauce, salt or any kind of prepared food. Acids dissolve metal and may produce poisoning.

"LADY KILLERS"

The United States Department of Agriculture is fostering an exhibit of "lady killers," in the state of Washington.

Among the exhibits are shown the old-time wash-tub, wash-board, broom and dust pan, the sadiron, castiron stove coal and coal stove, soap stone heater and many other pieces of bygone days.

In another department are shown the modern conveniences that, as the "silent servants of the house," are washing clothes and ironing them, cooking the meals, sweeping and cleaning the rooms, all at the touch of an electric switch.

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**A VISIT TO GRASS VALLEY WITHOUT
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**IS LIKE A VISIT TO FRANCE
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Francis Bret Harte born in Albany, New York, August 25, 1839; died in 1902. His great reputation was won by his poems and sketches descriptive of his life among California miners.

The new hotel, "Bret Harte Inn," was named after the famous poet in memory of the years spent in that section of Nevada County.

TRAVELERS GUIDE FOR NORTHERN CALIFORNIA

Auto stages leave the National Hotel in Nevada City for all parts of California. Electric cars leave every hour for Gold Flat, Olympia Park and Grass Valley; stop in front of National Hotel and postoffice. A beautiful sight seeing trip lasting about 25 minutes will be enjoyed for the moderate sum of 15 cents.

The cars pass through "Grass Valley, an up-to-date city," and very much alive. Beautifully located among the pine trees, near the end of the car line is Mount St. Mary's Academy—a boarding school, and a large Commercial School, where an up-to-date Commercial Department is taught, conducted by the Sisters of Mercy. Close to this Convent is St. Vincent's Orphanage for girls and about a quarter of a mile is the boys' convent, St. Patrick's.

A little farther out in suburbs of Grass Valley is Watt Park which can be reached in a ten minute walk from the end of the car line.

The car passes through the center of the business section near the new, modern hotel, named after the famous poet, "Bret Harte."

The new Memorial Auto Park presents a wonderful appearance. It is the only one of the kind in California.

Adjust your mind for concentration
Let your thoughts in spirit flow
To high ideals, not those temptations
That dwell in delusive hopes below.

—S. W. Still

WRITING TOO MUCH

"Doctor," said a woman writer, to Dr. B., the celebrated physician, "don't you think I write too much for my nervous system?"

"No, I don't," said the doctor, "but I think you write too much for your reputation."

EUGENICS WITH REFERENCE TO MATRIMONY

In this progressive age of international marriages, new inventions and occupations, human beings are becoming more and more a complex product, so that different temperaments are presented in one individual. This mixed type is especially found in America.

These temperamental differences of physiological and phrenological peculiarities offer a great field for psychological research work.

This wonderful country with its extensive tracts of land offers much opportunity for travel. Our free public schools, the free libraries and the atmosphere of a democratic spirit stimulate and feed us so that we keep on growing mentally and spiritually as long as we desire to do so. As a result our needs in the matter of mental and spiritual exercise are greater. We need mere recreation, climatic changes and more, associates.

Much of our happiness and success in life depends upon our environment and on the character of our associates.

As we grow from childhood into maturity we learn to think for ourselves, and through thinking, develop a new mind and an individuality peculiar to ourselves. And this individuality is the cause that requires different people to have different things to make them happy, or different foods and work, to make them healthy and content.

In order to apply a few of these common sense methods, we must come back to the first chapter of our book and devote our energies first to have well developed young girls and boys, physically, mentally and spiritually, and to pay at least as much attention to the improvement of the human race as agricultural societies do to the improvement of the breeding of their animals.

"Man Know Thyself"

Study your strong and your weak points, so as to be able to guard against them. And as we learn to understand our-

selves, we will be able to judge our friends and those with whom we expect to live in close relation.

Cupid is blind, he needs the guide of an intelligent mind. Under the present quick system of contracting marriages and the difficulty of understanding the laws of physical and mental adaptation, it is not strange that the world is full of ill-assorted couples.

Opposites attract; similars repel; yet two people who are very much opposite, may become as repellant, or more so, as do people who are too much alike. Therefore the too free mingling of different races or even of different nations between the extreme north and south of the globe that cannot assimilate so as to produce mental health and happiness is always dangerous.

Temperament

Variations constitute structural differences, which may take place through chemical or embryological relations or through selective agencies, such as, climatic change, work, food, economics, struggles and change in religion or in educational systems and in language.

Certain temperaments have much power of adaptation, while others have less. The ability to adapt one's self to new food, to a new environment and associates depends much on the health and strength of our bodies.

LOVE!

Love the source of all creation
The hope and joy of our great nation;
Reason on your throne be master
Romance may create disaster.

Many slaves now suffering here
In the matrimonial sphere
Should learn and know that temperament
Is an important element.

Seek adjustment in your home,
That is the greatest cornerstone;
And matrimonial dangers braved
Will your path with blessings pave.

C. E. Parsons, Prop.

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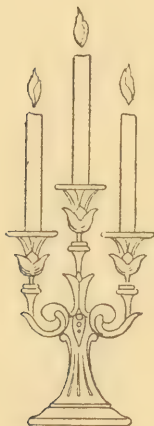
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Two golden hearts are blended there.

—*Mildred Merle*



Love and sorrow are twins, and knowledge is their nurse.

—*Ella Wheeler Wilcox*

WHAT THE HOME GARDEN SHOULD PROVIDE

Fruits and vegetables that can be raised in the home garden; labor which is involved in gardening; economic and dietetic value of the garden. References: Publications, School and Home Garden Division, U. S. Bureau of Education; Publications, Department of Agriculture; Publications, State Agricultural Colleges.

Reference Notebooks—

Foods & Household Management—Kinne & Cooley.

Foods & Sanitation—Forester & Weigley.

Farmers' Bulletins (202)—Digestibility of Different Sorts of Starch as Affected by Cooking. Price 15c.

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RECIPES FOR THE BRIDE

EXTRACTS

*Compiled From Course in Home Economics
Of the Santa Barbara State Normal School*

Success in cookery depends upon the knowledge and use of the underlying principles which we find in the cooking of every class of food. To understand this we must have a knowledge of the composition of the food classes, proteins, carbohydrates, fats, mineral matter and water. Some foods are composed almost entirely of *one* food class, others are *combinations*. Heat and water when applied affects *each food* entirely differently. When we have learned to group foods we can apply the principles which we have learned for a food with a similar composition. Then we will have a sense of freedom in our preparation of foods which will only come with a knowledge of the definite rules underlying their cooking. Cookery is a science; there are certain laws or principles which we must follow if we would obtain certain results. It is not a happy accident when we make a success; there is no reason for a needless repetition of mistakes; or of the blind following of recipes.

The housekeeper should be able to readily read the gas meter so as to keep accurate account. The gas company is usually willing to supply cards illustrating methods of reading.

By means of this knowledge calculate the number of cu. ft. when the hand on the first dial has just passed the figure 7; on the second 8 and on the last 4. The reading for the month is indicated in what way? How much do you pay for gas? What have you found to be good methods for keeping the gas bill low?

The Housekeeper using wood. Sketch your range indicating the way the heat circulates around the oven; where it enters; where it escapes, etc. To make it draw better what do you open and why do you get results?

FATS

Fats are constituents of meats and fish, cream, butter, margarine, cream soup, cheese, olive, cottonseed and nut oils, ripe olives, nuts, rich pastry, suet pudding, fritters, all foods cooked in fats or oils.

Fats are valuable foods in that they produce warmth or energy. Fats produce $2\frac{1}{4}$ times the heat produced by carbohydrates or proteins.

FRENCH DRESSING

1 part vinegar or lemon juice to 2 parts of oil, add seasonings. Place in a bottle. Shake vigorously until it forms a milky looking substance. Pour on the salad and serve at once.

MAYONNAISE DRESSING

The egg should be beaten until thick, then the oil added very slowly, beating continuously. When oil enough has been added to make it as thick as butter some acid (lemon or vinegar) and seasonings may be slowly added. Beating will thicken it again. It should be as thick as butter.

“Curdling” of mayonnaise is merely the fat separating out from the egg and does not mean that the product is ruined. This can be remedied by beating another egg yolk until thick, then slowly adding the curdled mixture to it, beating continuously, as the oil was added in the first place.

GENERAL LAWS IN FRYING

By Miss Marlatt, University of Wisconsin

1. Food product must be cold and dry on the outside.
2. Fat must be of such a temperature as to brown thin material very quickly or to brown thick raw material slowly (from 3 to 5 min.)
3. Crumbling. Any food material cut or formed into shape is first cooled, rolled in fine crumbs, then rolled in beaten egg diluted with either milk or water (1:1) then rolled again in crumbs (bread, cracker, shredded wheat, raw corn meal, raw flour). The coating should be uniform and without breaks, otherwise the fat may penetrate. It should be cooled and dried before frying.
4. All fried material should be drained immediately on absorbent paper.

PRINCIPLES UNDERLYING THE COOKING OF STARCHY FOODS

Cooking of cereals.—The common cereals on the market can be classed according to their preparation:

Class I. Cracked or ground grains.

Class II. Partially cooked by steam and flaked.

Class III. Ready for serving.

The starch found in cereal grains is made up of several kinds, one of which is very difficult of digestion unless by long cooking we change it to the more digestible form. But this requires long cooking unless a higher temperature can be used to hasten the process as in the preparation of rolled oats. The scum that forms in cooking is also very indigestible. With these points in mind suggest several reasons why some people find cereals hard to digest and how this can be overcome by proper cooking.

What is the value of a "breadmixer?" If farm machinery is necessary to save labor, why is not household machinery quite as necessary?

Compare the cost of each, taking into account the labor of the housewife. What can housewives do to bring about better sanitary conditions in the bakeries and in the method of the handling of bakers' bread by grocers?

—Quoted by permission of the Department of Home Economics
State Teachers College, Santa Barbara, California.

The old idea that anyone can cook, if she can get the proper material, does not hold true within our mixup of eatables which are put on the market today.

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TENDER CHICKEN

Select a chicken a little over a year old. Remove the feathers, clean, singe over a clear flame and wash and dry. Then sprinkle salt and pepper on the inside over the surface of the fowl, cover with flour on all sides and place with a little fat into a deep saucepan; pour enough boiling water on it to cover and one inch extra; add onion for flavoring and place a cover on the pan. Let it cook slowly until tender. Add chopped parsley to the gravy. *Mrs. W. G. Richards*

SOUTHERN SMOTHER (For beef or venison)

Take a pot roast of beef or venison, boil till very tender, with a small piece of salt-pork added; let water boil down at last till meat can brown in bottom of kettle—brown both sides. Lift meat to platter and add boiling water to kettle—enough for sufficient amount of gravy. Thicken with flour. Have boiled several sweet potatoes in separate kettle; peel and cut in two, lengthwise; arrange around the meat on platter and pour gravy over whole. *Harriet Farmer*

A DAINY WAY TO COOK MUTTON

The flank is preferable. Boil till tender; remove all bones; when cool dip in beaten egg. Roll in cracker crumbs and fry till brown. Pepper and salt to taste. The licquer the mutton was boiled in is the base for a good soup.

Mrs. Mary Clendenen

VENISON ROAST

Wash a leg of venison; make incisions and insert narrow strips of bacon or fat pork in several rows over surface; put salt and pepper over it. Make a thick paste from flour and

water. Then wrap the meat up in an oiled piece of paper; close it over the top with the paste and place it into a pan. Pour boiling water under it and let it roast in the oven for one hour. Then remove the paper and paste; add a large spoonful of fat and more water if needed. Put it in the oven again for half an hour or more until it is brown and tender.

Mrs. E. J. Ott

STUFFED PEPPERS

Choose green or red peppers of even size and round rather than long shapes. Cut off the tops and remove the seeds. Cover with boiling water and keep boiling for five minutes. Drain and stuff with dressing prepared as follows: chop fine some left-over chicken, add an equal amount of bread crumbs or soaked stale bread, pressed out well. Use 1 egg and 1 tablespoonful butter to 1 cup of chopped meat. Beat up eggs; add chopped parsley, onion, melted butter, 1 cut up tomato or tomato juice and salt to taste. Place the tops to peppers and tie up with a string. Arrange the peppers in a baking dish; pour in stock to the depth of three inches and bake for 30 minutes in good oven.

Elizabeth McDonald Watson

MEAT PIE

1 Round steak, cut small; 2 large onions, cut small; 5 or 6 potatoes, cut small; 4 slices of bacon, cut small; 1 teaspoonful of salt, little parsley or green pepper. Have 4 or 6 cups of water boiling and drop meat bit by bit into water, so as not to stop the boiling. Cook one hour and add bacon and onion; cook another hour and add salt, parsley and potatoes and put in a baking dish and cover top with a biscuit dough and bake $\frac{1}{2}$ hour.

Mrs. Jas. M. Foley

Why should all materials used in mayonnaise be very cold and fresh? What is the food value of mayonnaise? Why is it a more nutritious dressing than the "boiled?" With what foods would you serve it? Is it necessary to use expensive oils in making mayonnaise?

SOUR ROAST

Wash the meat and put into a deep bowl; cover with vinegar, add bay leaves, whole pepper, onion, cloves and a few finely cut yellow turnips. Allow the meat to lay in it for two days. When ready to roast heat some fat in a deep iron pan; brown the meat on all sides; then add boiling water and some of the vinegar, also the onion and other flavoring. When half done add a little flour and some sour cream to the sauce. Roast it until very tender. Serve with potato dumplings and a compot of stewed prunes.

Mrs. E. Schreiber

FANCY RAGOUT

Secure two pounds of veal from the neck or loin. Wash and pour on enough boiling water to cover it; skim and salt, also flavoring if desired. When the meat is tender, cut it up very fine. Then prepare a white thick sauce from butter, flour and the broth in which the meat has been boiled. Let the sauce cool a little, then add 4 yolks of eggs, the juice of 2 lemons, paprika or any other flavoring that is desired. Add the finely cut meat to the sauce; mix all up well and put in tins or shells; cover with bread crumbs and grated Swiss cheese; pour over it a little melted butter and bake in the oven.

Mrs. E. Schreiber

STUFFED PEPPERS

Parboil 6 peppers; mix $\frac{3}{4}$ cup whole wheat bread crumbs, 1 small onion, 1 slice ham, rather small (boil ham, put through meat grinder); add onion chopped fine and bread crumbs. Mix with a sauce made as follows: 1 tablespoonful butter, 1 tablespoonful flour, mixed together; add 1 cup hot water; cook until thickened; add 1 beef cube. Put all into peppers; bake 20 minutes.

Mrs. Ethel O. Parsons

CASSEROLE CHICKEN

Cut up a fowl; parboil until tender; drain, dip in flour and salt. Fry until brown in Mazola oil. Put in casserole; add $\frac{1}{2}$ cup celery chopped fine in layers; cover with liquid in which chicken was cooked. Bake 1 hour in moderate oven.

Mrs. Ethel O. Parsons

NUTS

Nuts are high in nutritive value. They are rich in fat and minerals, and form an ideal diet in combination with raw fruits and greens. They are not sufficiently appreciated as a food, and receive much unjust criticism as to their digestibility. All nuts are wholesome. The right combination and proportion, and the time of day when eaten, are of great importance.

FISH

Fish should be cleansed as soon as it is caught, or directly after delivery from the market, and preserved with salt until ready for cooking. If the fish is to be fried, the salt should be washed off, the fish thoroughly dried and rolled in egg and rye nuts, or flour. If the fish is to be boiled, the salt should also be washed off, and the water for seasoning be flavored with vinegar and spiced herbs. If more salt is necessary, add it to the water.

FISH CAKES

Any left-over fish may be made into a nutritious dish for the morning, noon or evening meal.

Take equal quantities of finely chopped fish and grated potato, beat up several eggs with a little salt and pepper, add some thick cream, and flavor with grated onions. Form into balls with a tablespoon and fry in hot fat. Serve with rice, or with a salad of apples, or tomatoes and lettuce.

CODFISH CAKES

Take one-third of shredded or finely chopped codfish with two-thirds of grated potatoes; prepare as in the foregoing recipe.

COTTAGE CHEESE

Put some whole, or skim milk, into a pan and set in a cool room, which has plenty of fresh air. Do not cover the pan. If the room is exposed to dust, put a few long sticks over the pan and cover with a cheese-cloth. When the milk begins to get thick, set the pan into a larger pan with hot water, and keep it in a warm place or in the oven until the curd separates; it must not become hard. Then put a cheese-cloth on a colander and pour the milk into it. Let stand for several hours, until the whey is thoroughly drained off. Then chop fine some green peppers or onions, mix with the cheese, add a little salt and pepper, and serve with apple or potato salad or spread on sandwiches.

MILK

In preparing modified milk or other fluid foods for infants, where top milk is used, it is very important that the milk contain the same amount of cream for each feeding, or else digestive disturbance and irregularity of bowel movements will occur.

If raw milk is used without being sterilized, the desired amount for each meal should be put into sterile bottles directly after delivery and lightly covered by cheese-cloth or cotton and kept on ice or other cool place. In this way each bottle will contain the same amount of cream.

Milk is a food, not a drink; it should never be taken in addition or at the end of a heavy meal.

Proteins are food for bacteria as well as for human beings; they are easily decomposed. In this process ptomaines may be formed which cause serious illness. These bacteria work best where there is little air, for that reason proteins should be kept in a place where the air circulates freely about them.

Under what class of foods do milk, fish and meat belong? For Intestinal Hygiene see "Correct Food Combinations."—Quoted from *Scientific Feeding*.

VEGETABLES AND MISCELLANEOUS FOODS

PEAS AND CODFISH (Saxon Dish)

Cook the peas with a very little water, and add meat broth while they are boiling. Boil some fresh codfish in a separate saucepan, and when done remove the skin and bones, cut into pieces and mix with the peas. Prepare a butter sauce from the liquid remaining on the peas. Carrots may be added.

ARTICHOKES

Wash them thoroughly and remove the outside leaves. Drop into salted boiling water and cook for 20 or 30 minutes. Add a few drops of vinegar to the water while boiling. Serve warm with a white sauce or let cool and serve with French or mayonnaise dressing.

ASPARAGUS

Wash and cut them into inch pieces until the hard part of the stem is reached. Boil them for 20 minutes, or until tender. Serve warm with butter, milk, cream, or egg sauce, or cold with French or mayonnaise dressing. The asparagus may be scraped and tied into bundles when boiling.

BEETS

Remove the green tops and wash them carefully. Do not prick the skin, as the juice will then escape and injure the color as well as the flavor. Young beets will be tender in about one hour, older ones take two to three hours. When done, peel and slice. Serve with a butter or cream sauce, or plain, with butter and chopped parsley. For salad, cut into slices and pour over them boiling vinegar, diluted with one-half water. Add whole spices if desired.

Quoted from *Scientific Feeding*

STRING BEANS

Select young string beans, pull off the string of each side and break in pieces an inch long. Boil in slightly salted water until tender. Ribs of beef or lamb can be cooked with them.

Mrs. C. W. Godfrey

SPINACH

Wash and steep in as little water as possible, chop very fine and prepare with a butter sauce from soup stock, or spinach water. Smoked meat may be cooked with it for flavoring. Serve with eggs or lean meat.

Mrs. C. W. Godfrey

SPINACH

Boil in as little water as possible, and chop fine. Then cook and cut fine some well salt fish. Prepare the freshened spinach with a butter sauce made from soup stock, add the fish and serve with hard set eggs.

Mrs. H. Hartung

MIXED PEAS AND CARROTS

Put the peas on to boil, and when half done, add an equal amount of carrots which have been cut into half inch pieces. Prepare with a butter sauce like creamed carrots, and add chopped parsley. This will afford a perfect meal for dinner in spring or summer. A few bread or flour dumplings may be served with it. The latter should be cooked with the peas 10 minutes before serving. Salted or smoked meats give them a good flavor.

PUMPKIN OR SQUASH PIE. (\$3.00 Prize)

Butter a pie plate lightly; cover bottom and sides with fine bread crumbs which have been slightly dampened with milk. One cup strained pumpkin, 1 cup milk, $\frac{1}{2}$ cup brown sugar, 1 egg beaten, $\frac{1}{2}$ teaspoonful each cinnamon, ginger, $\frac{1}{4}$ teaspoonful salt. Bake until set and nicely browned.

Mrs. Celia A. Huy

(Prize was paid by Globe Household Helps.)

EVERY DAY PLUM PUDDING

1 Cup suet chopped fine: 1 cup raisins, 1 cup currants, small piece of citron, chopped; 1 cup molasses, 1 cup milk, 1 egg beaten, 1 teaspoonful each of soda, cinnamon and cloves, a little salt. Mix soda in small amount of hot water—steam 3 hours.

Mrs. Blanche Young

SPAGHETTI ITALIENE

1½ packages spaghetti, 4 cloves of garlic, 1 onion chopped fine, ½ cup olive oil, 1 cup chopped raw beef, 1 can tomatoes, 1 teaspoonful paprika, 2 teaspoonsful salt, ½ teaspoonful black pepper, ½ teaspoonful thyme. Cook garlic and onions in olive oil until brown; add meat; cook slowly 5 minutes then add rest of ingredients. Mix with the cooked spaghetti and serve with cheese.

Mrs. Celia A. Huy

HOLLAND SAUCE. No. 1

Melt three tablespoonsful of butter, or half butter and half oil, mix with two tablespoonsful of flour over the fire, and boil for a few seconds. Then add gradually a pint of boiling water or soup stock or hot whey, while stirring it. Boil a few minutes. Flavor with salt, onion, chopped parsley, celery, nutmeg, bay leaves, anchovy-paste, lemon, chopped salted meat or whatever flavor is desired. Serve with meat or fish.—Quoted from *Scientific Feeding*.

QUICK MAYONNAISE

1 egg, 1 cup oil, salt, paprika, juice of ½ lemon or 1 tablespoonful lemon juice, 1 tablespoonful vinegar. Beat white of egg stiff, add yolk, continue beating, add oil, 1 tablespoonful at a time for six tablespoonsful. Then pour in the remainder slowly beating constantly, add seasonings.

Mrs. Ethel O. Parsons

CEREALS

Cereals are the most perfect products of the vegetable kingdom, and make fairly well balanced foods. In the processes of milling and cooking, cereals have been more abused than any other foods, by depriving them of their valuable minerals, and by compounding them into soft puddings or cakes. Predigested cereals deprive the walls of the stomach of the normal stimulus, which is necessary for thorough utilization.

They may be used with benefit, if a sufficient amount of raw fruits or greens is eaten with them. Toasted breads combine well with such foods as supply the lack of lime, fats and minerals: cream, fruits, eggs, gelatine, sago, milk and green foods.

NOTES

Heides Almond Paste can be bought at wholesale confectioners. It is more convenient to use the paste than it is to grate the almonds.

The elements that enter into cakes made with baking powder contains excess of carbohydrates and no mineral matter.

Sponge cakes may be easily digested, but the excess of carbon in the form of sugar and flour act as high explosives to the nervous system.

Foods from which the vitamins have been removed by chemical processes are: white flour, artificial sugar, polished rice, desstronized starches and overcooked foods.

Is cheese wholesome? Why do many people consider cheese indigestible? Should cheese be eaten with pie after a hearty meal? For reference see Farmers' Bulletin 487, U. S. Dept. of Agriculture, "Cheese and Its Economical Use in the Diet" by Langworthy and Hunt, Washington, D. C.

Bulletin 384, "Bacteria in Milk."

BREAD AND CAKES

BAKING POWDER BREAD

2½ cups whole wheat, 1½ cups white flour, 2 cups liquid, part milk, part water or all milk, 4 rounding teaspoonsful baking powder, 1 teaspoonful salt, ¼ cup brown sugar dissolved in the milk, 1 egg beaten light. Mix thoroughly, put in pan, let rise 20 minutes in pan. Bake 50 minutes in moderate oven.

Mrs. Ethel O. Parsons

POP OVERS

½ cup whole wheat flour, ½ cup white flour, 1 cup milk, 2 eggs, 1 teaspoonful butter melted, pinch salt. Process, beat eggs very light, mix flour, salt and butter in milk smoothly; add two beaten eggs, continue beating two minutes with egg beater. Put into hot muffin pans, bake 30 minutes in hot oven. Can be used to serve creamed chicken, creamed vegetables, etc. (Note.—The flour used is made from the whole grain, ground in hand mill—all the grain being used.

Mrs. Ethel O. Parsons

WHOLE WHEAT NUT BREAD

1½ cups whole wheat, 1½ cups white flour, ¼ cup sugar (brown), 4 teaspoonsful baking powder (level), 1 cup nut meats (filberts preferable), 1¼ cups milk, 1 egg. Mix well. Let rise 20 minutes in pan. Bake 50 minutes in moderate oven.

Mrs. Ethel O. Parsons

ROLLED OATS COOKIES

2½ cups rolled oats, 1 cup sugar, 2 eggs, 1 teaspoonful butter, 2 teaspoonsful baking powder, pinch salt, 1 teaspoonful vanilla. Mix and drop in buttered baking pan in small cakes, less than a teaspoonful. Put far apart.

Miss F. Hironemus

NUT BREAD

2 eggs, salt, 2 cups milk, 1 cup chopped walnuts, $\frac{1}{2}$ cup sugar, 4 cups flour with 4 teaspoonsful baking powder. Make into loaves, let raise half hour; bake three quarters of an hour. Raisins may be added. *Miss F. Hironemus*

CORN BREAD (Sweet Milk)

$1\frac{1}{4}$ cups corn meal, $\frac{3}{4}$ cup white flour, 1 cup milk, 2 tablespoonsful sugar (brown), 4 teaspoonsful baking powder, a teaspoonful salt, 1 egg, 2 tablespoonsful melted butter. Mix dry ingredients, add milk, melted butter and beaten eggs—bake 25 minutes in hot oven. *Mrs. Ethel O. Parsons*

CORN BREAD (Sour Milk)

$1\frac{1}{2}$ cups corn meal, $\frac{1}{2}$ cup white flour, $1\frac{1}{4}$ cups buttermilk or sour milk, 2 tablespoonsful brown sugar, 1 scant teaspoonful soda, 1 teaspoonful salt, 2 eggs. Mix dry ingredients, add buttermilk and eggs well beaten. After putting in pan sprinkle top with brown sugar and cinnamon. This same recipe may be boxed in muffin pans.

Mrs. Ethel O. Parsons

WHOLE WHEAT MUFFINS

$1\frac{1}{2}$ cups whole wheat flour, $\frac{1}{2}$ cup white flour, 2 tablespoonsful sugar (brown), 1 egg, 1 cup milk, 2 tablespoonsful melted butter. Mix dry ingredients, add milk, melted butter, eggs, well beaten; bake 25 minutes in moderate oven.

Mrs. Ethel O. Parsons

CORN BREAD

2 cups corn meal, 2 cups white flour, 2 cups sour milk (or more), 2 heaping tablespoonsful sugar, 2 heaping tablespoonsful butter, 2 eggs, 1 teaspoonful soda, 1 tablespoonful salt (more if you use Crisco). *Mrs. E. M.*

RICE FRITTERS

2 cups cooked rice, 2 eggs, 1 teaspoonful salt, 2 table-
spoonsful sugar, 2 melted butter, 1 heaping tablespoonful
flour, 1 heaping teaspoonful baking powder. *Mrs. E. M.*

WAY DOWN SOUTH CORN PUDDING

2 eggs, 1 quart milk, 1 cup corn meal, 2 teaspoonsful
baking powder, 2 tablespoonsful butter or substitute, salt;
bake 35 minutes, stirring occasionally at first. Serve with
fish or game. *Nellie Starr Hanson*

PRUNE BREAD

2 cups sour milk, 1 cup molasses, $\frac{1}{3}$ cup brown sugar, $\frac{1}{4}$
cup shortening, 2 cups white flour, 1 teaspoonful soda, $\frac{1}{2}$
teaspoonful salt, 1 pint of prunes, soaked, sliced and floured.
Graham flour to make a stiff batter. Bake $1\frac{1}{4}$ hours.

Nellie Starr Hanson

CORN BREAD

$1\frac{1}{4}$ cups sour or butter milk, $\frac{1}{3}$ cup brown sugar, 1 egg,
salt, 1 cup yellow corn meal, $1\frac{1}{4}$ cups white flour, $\frac{1}{2}$ teaspoon-
ful soda, (scant) in milk, 2 teaspoonsful baking powder
(scant) in flour. Bake in shallow pan in quick oven. Sprinkle
top with nutmeg.

Harriet Farmer

WHOLE WHEAT HOT CAKES (Sour Milk)

2 cups buttermilk or sour milk, 2 eggs beaten, 2 cups
flour half white half whole wheat, $1\frac{1}{4}$ teaspoonsful soda.
Pinch salt, mix well, bake on hot griddle.

Mrs. Ethel O. Parsons

SWEET MILK WHOLE WHEAT HOT CAKES

$1\frac{1}{2}$ cups whole wheat flour, 1 cup white flour, 4 tea-
spoonsful baking powder level, a teaspoonful salt, 2 eggs, 1
tablespoonful brown sugar. Sift dry ingredients, add to milk
—add eggs beaten light. Bake on well greased hot griddle.

Mrs. Ethel O. Parsons

MUFFINS

2 cups of flour, 2 teaspoonsful of baking powder, 1 cup of milk, 3 eggs, 1 tablespoonful butter, salt. Mix the flour, salt and baking powder, beat together the milk with the yolks of eggs, then mix with the flour and last, the beaten whites of the eggs. Bake ten minutes.

Mrs. W. G. Richards

HONEY MUFFINS (Original Recipes)

2 cups buttermilk, 1 cup whole wheat or rye or $\frac{1}{2}$ cup corn meal, 3 cups white flour, 2 teaspoonsful soda, 1 teaspoonful salt, 2 tablespoonsful shortening, 2 tablespoonsful warm honey. All measurements level. Mix the soda with tablespoonful hot water, add the honey, and finally the buttermilk (or sour milk). Then the melted shortening, meal and white flour. These are not too sweet, and are very good.

Mrs. A. C. Duke

HEALTHFUL MUFFIN OR CAKE FILLING

Work a tablespoonful of good butter till creamy then drop enough strained honey into it, while still working it, to make it the right consistency to spread. This must be eaten immediately, as honey draws moisture and it might become too damp if kept.

Mrs. A. C. Duke

RYE SHORT BREAD (Original Recipe)

Make a rich biscuit dough but substitute 1 cup rye meal for one of the cups of white flour. Roll about as stiff as for biscuits. Divide, and put in layer cake pans and bake as for biscuits. When done split and butter, after cooling slightly. Then cover with strained honey and put together again. This makes a tender cake. Nice made with a half cup of cracklings to every cupful of flour instead of using shortening.

Mrs. A. C. Duke

Hot baking powder bread without eggs is hard on the lining of the stomach.

WHOLE WHEAT BREAD

Whole wheat bread from home-ground flour is an excellent food for any meal or for breakfast and can serve as a perfect meal in addition with fruits, fats and fat meats or nuts.

WHOLESOME CAKE (Slow Process)

The flour must be dry and in a warm place for several hours. If the cake is to be baked early in the morning, set the sponge at 4 or 5 p. m.

Dissolve $\frac{3}{4}$ of a compressed yeast cake in a $\frac{1}{2}$ cup of warm water with a pinch of salt and 1 teaspoonful of sugar. Let stand 10 minutes, then bring a pint of rich milk or cream to a scalding point with an equal amount of water and a tablespoonful of butter. Pour the quart of liquid into a deep bowl, let cool to lukewarm; add 1 tablespoonful of salt, 4 tablespoonsful of sugar, 2 well beaten eggs and the dissolved yeast. Sift into this 1 quart of flour gradually, stir well and beat the dough until all lumps have disappeared. Dust the top with flour and let raise in a warm room for several hours until light. Then sift more flour to it, stir and finally work it with the hands 20 minutes until no more dough remains on the hands. Then beat the dough in the bowl from side to side. Mix 1 cup of grated almond paste with $\frac{1}{2}$ cup of dry raisins; 1 cup of finely sifted bran and 1 teaspoonful of cinnamon or 1 tablespoonful of grated lemon or orange rind. Work all this into the dough and beat again until all is evenly mixed. Then spread the top with 1 tablespoonful of melted butter and cover the bowl with a dishtowel and blanket, let raise over night in a moderately warm room. In the morning work the dough for 5 minutes and divide into 3 or 4 parts; place into bread or cake tins and raise again until light. Bake in a moderate oven for 1 hour.

Nevada County Nutrition Club

There are two things in this life, for which we are never fully prepared, and they are twins.

APPLE CAKE

Peel 4 pounds of small apples, cut in fine slices and pour into a buttered cake pan; cover with small pieces of butter and cinnamon. Mix $\frac{1}{2}$ pound flour, $\frac{1}{2}$ pound of sugar, 4 well beaten eggs and a little salt. Stir all well and pour over the apples. Bake 50 to 60 minutes. A half teaspoonful of baking powder may be mixed with the flour if desired, also a little milk, but it is not absolutely necessary. *Mrs. E. Schreiber*

ANISE COOKIES

1 pound of sugar, 8 eggs, 1 pound of flour and anise. Beat the sugar and eggs over the fire until slightly warm, then beat in the air until cool again. Mix the flour with the anise. Stir all well and cut out small cookies. Place them on buttered tins and let stand until the next day until dry. Then bake in a moderate oven. *Mrs. E. Schreiber*

LEMON PIE

1 cup of sugar, 1 large tablespoonful of flour, 1 whole egg, one yolk of an egg, the grated rind and juice of one lemon. Beat thoroughly and add a cup of boiling water. Cook in a double boiler. Let cool and pour into the pie crust, cover with the white of an egg, beaten with a tablespoonful of sugar. Set in the oven and brown. *Mrs. W. G. Richards*

PASTRY

4 tablespoonsful sour cream, $\frac{1}{8}$ teaspoonful to $\frac{1}{4}$ teaspoonful soda—depending on how sour the cream. Add 2 tablespoonsful cold water to cream, then add soda; beat until foamy. Add enough whole wheat flour to roll. Bake on bottom of pie pan—prick crust so it will not puff up.

TO MAKE APPLE PIE

Fill pie plate with sliced apples, season to suit taste. Cover with above crust. *Mrs. Ethel O. Parsons*

CINNAMON STARS

125 grains of sugar, 125 grains of finely chopped almonds, 1 tablespoonful of cinnamon and 1 white of an egg. Beat the white of the egg with the sugar for one half an hour then mix with the almonds, roll out in sugar and cut into small stars; bake in a moderate oven. *Mrs. E. Schreiber*

OATMEAL COOKIES

1 cup of shortening, 1 cup sugar, 2 eggs $\frac{3}{4}$ cup sour milk level teaspoonful soda, $\frac{1}{2}$ teaspoonful salt, $2\frac{1}{2}$ cups flour, $2\frac{1}{2}$ cups oatmeal, 1 cup chopped raisins and nuts.

Mrs. Jas. Penrose

BROWN BREAD

1 cup sour milk, 1 cup corn meal, 1 cup flour, 1 egg, $\frac{1}{2}$ teaspoonful soda, 1 tablespoonful brown sugar, 1 tablespoonful butter, pinch salt. Mix well and steam for 3 hours.

Mrs. Jas. Penrose

EGYPTIAN CAKE

$\frac{1}{2}$ scant cup chocolate, 4 eggs, pinch salt, $\frac{1}{2}$ cup milk, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup butter. One heaping teaspoonful baking powder, $1\frac{1}{4}$ cups sifted flour, 1 teaspoonful vanilla. Dissolve chocolate in 5 tablespoonsful of boiling water. Beat butter and sugar to cream; beat the yolks of eggs and add them to the milk, melted chocolate and flour, beat well; then the white of the eggs well beaten; then vanilla and baking powder. Filling—1 cup powdered sugar, piece of butter, $\frac{1}{2}$ cup chocolate, 1 teaspoonful strong coffee, 1 teaspoonful vanilla, beaten white of 1 egg.

Mrs. Jas. Penrose

Oh you brides don't fuss and stew
 Don't you know that in the new
 Books for women you can find
 Inventions new of many kind?

BUTTER COOKIES

1 pound of butter, 1 pound of sugar, 3 or 4 yolks of eggs, $1\frac{1}{2}$ pounds of flour, the rind of two lemons. Cream the butter and sugar, mix with yolks of eggs and work in the flour. Roll out and cut the cookies into different figures with a glass. Bake in a moderate oven. *Mrs. E. Schreiber*

MEATLESS MINCE MEAT

3 pints green tomatoes (chopped), 3 pints apples, $4\frac{1}{2}$ cups sugar, $1\frac{1}{2}$ cups vinegar, 3 cups raisins, 1 teaspoonful salt, $\frac{1}{2}$ teaspoonful cloves, 3 teaspoonsful cinnamon, $\frac{1}{4}$ teaspoonful each allspice and pepper, $\frac{1}{2}$ teaspoonful nutmeg, $\frac{1}{2}$ cup water. Put the tomatoes in a bag and drain over night. In the morning cook slowly with the sugar and water for 1 hour. Then add the other ingredients and cook for couple of hours longer, then add $\frac{3}{4}$ cup of butter and seal while hot, or if you use suet in place of butter, cook with the rest. I used sultana raisins and citron with the other raisins.

Mrs. Effie Morgan

A PERFECT DAY

"When you come to the end of a perfect day,
And you sit alone with your thought
While the chimes ring out with a carol gay,
For the joy that the day has brought.
Do you think what the end of a perfect day
Can mean to a tired heart.
When the sun goes down with a flaming ray,
And the dear friends have to part?

Well, this is the end of a perfect day,
Near the end of a journey, too;
But it leaves a thought that is big and strong,
With a wish that is kind and true;
For mem'ry has painted this perfect day
With colors that never fade,
And we find, at the end of a perfect day,
The soul of a friend we've made."

—Quoted From *Globe Household Helps*.

FOODS FOR THE SICK AND THE WELL

VELVET SOUP

Soak $\frac{1}{4}$ cup of tapioca, boil in one quart of boullion or good soup stock until clear; add a piece of butter size of a walnut, paprika, salt to taste. Beat the yolks of 3 eggs with 3 tablespoonsful of cold water in a deep dish; add the soup gradually and keep on beating until all is mixed well. Serve at once.

Elizabeth McD. Watson

QUEEN SOUP

Select a piece of veal from the neck, not too young; wash thoroughly; put into boiling water and remove the scum. Then add carrots, onion, parsley and $\frac{1}{2}$ teaspoonful of whole black pepper. Boil until the meat is tender. Then take out the meat and cut into small pieces. Strain the broth; heat two tablespoonsful of butter over the fire; add two of flour and stir until it cooks. Add 2 cups of the hot broth slowly; then add the rest, stirring it; also $\frac{1}{4}$ cup of apple cider and let all boil for 10 minutes. Then set aside. Beat 2 yolks of eggs with a little cold water in a deep bowl and add the soup gradually while stirring it; mix well and serve. Lemon juice may be substituted for cider. Cream may be used instead of yolks of eggs. Chicken may be used in place of veal. Finely chopped parsley makes a good additional flavoring. Prepare 3 quarts of soup from 2 pounds of meat.

Mrs. E. Schreiber

MUTTON BROTH

3 lbs. neck of mutton; 3 pints water; 3 large onions; 3 garlic; 3 tablespoonsful barley. *Simmer* 3 hours, strain, add pepper, salt, parsley.

Mrs. E. M.

All must realize the necessity of observing the laws under which we were born, under which we were grown to maturity and under which we now exist.

CREAM OF BARLEY SOUP

4 tablespoonsful of barley, soaked over night; 1 quart veal or mutton stock; 1 pint milk; 4 yolks; salt and pepper. Boil 3 hours, beat yolks light, put in tureen, pour over boiling stock, add parsley and serve. *Mrs. E. M.*

FARINA AS BABY FOOD

Boil one tablespoonful of Farina for one hour in a quart of water with a little salt. When done add one third or one fourth of hot milk; mix well and serve. For older children add more milk in proportion to the gruel and use 2 tablespoonsful of Farina to a quart of water.

Elizabeth McD. Watson

CRUMB OR CRACKER PUDDING

$\frac{1}{2}$ cup sugar; 2 cups of crumbs, 2 tablespoonsful chocolate (ground), mix these dry, then add 2 cups boiling hot milk and one teaspoonful vanilla, also one well beaten egg. Turn into greased dish and set pan in another pan of hot water and bake. Serve with cocoa sauce. *Mrs. Blanche Young*

COCOA SAUCE

Melt 2 tablespoonsful of butter. Mix dry in separate dish 2 tablespoonsful flour, 4 teaspoonsful cocoa or chocolate, add to the melted butter and then add gradually one cup hot water, stirring constantly. Cook until it thickens; add 4 tablespoonsful sugar, 1 teaspoonful vanilla, and a pinch of salt.

Mrs. Blanche Young

APPLE SAUCE

Wash some tart apples, cut into four pieces and remove the seeds; steep with a little water and sugar until tender. Then mash fine with a potato masher and run through a colander. Add a piece of butter while warm. *Mrs. A. Harting*

CELERY ROOT SALAD

Scrub the roots with a brush and boil in the skins until tender. Peel, cut into slices, heap in a high bowl, and pour a little diluted vinegar or lemon juice over them. Let stand for 15 minutes, pour off the acid and mix with French or mayonnaise dressing. Excellent for diabetic patients.

Mrs. Eugene Kent

LIGHT FLOUR DUMPLINGS

Cream a tablespoonful of butter, and add to it a whole egg and the yolk of one egg, some salt, nutmeg, chopped parsley, and two tablespoonsful of flour. Stir well for several minutes. Form small dumplings with a spoon, put into hot soup and boil eight minutes.

FIG BUTTER. No. 1

Wash some dried figs, dry them; then cut into small pieces and grind on a nut grinder. Mix with one-fourth (in quantity) of rye nuts. Serve with whipped or sterilized cream.

FIG BUTTER. No. 2

Prepare as the foregoing. Mix with about one-third or one-fourth of ground nuts. Serve with lettuce.

SYRUP DRESSING. No. 2

Let a half cup of syrup and a small tablespoonful of vinegar come to a boil. Add one finely chopped onion. Remove from the fire and cool, adding the desired amount of oil, and mixing well. This is good for lettuce and watercress. Serve with meats or fish. If lemons or oranges are used in place of vinegar, do not allow the latter to boil. Prepare fresh for each meal. Do not use vinegar or onions with fancy fruits.

For menus for the sick see "Scientific Feeding." Price \$2.00. Postpaid \$2.10. Order through Nevada City Publishing Company, Box 164, Nevada City, Cal.

BRAN TEA

Soak over night a cupful of Ralston's select bran in one quart of soft warm or cold water. The next day strain it and serve raw, or put it on to boil, simmer for one-half hour, then strain. Serve hot or cold. Hot bran tea with cream is excellent as a substitute for tea. It can be prepared without soaking.

N. C. Nutrition Club

HOT EGGNOG

Beat a fresh egg with a pinch of salt and 1 tablespoonful of cold water. Heat a pint of milk to the scalding point, add to the beaten egg and stir constantly until all is blended evenly.

Elizabeth McD. Watson

BREAD GELATINE

Roast two slices of stale bread, pour on three pints of boiling water, simmer for half an hour. Soak gelatine according to directions; add the strained bread water, a little salt, sugar and lemon juice or any other flavoring. Pour into molds and let cool. Serve with rich milk or cream or a thin cream sauce.

Elizabeth McD. Watson

CUSTARD OR CREAM SAUCE

Mix one tablespoonful of flour or cornstarch with a little cold water in a double boiler, beat up the yolk of two eggs, two teaspoonsful of vanilla and a quart of warm milk and a little salt; mix with the flour in the double boiler. Set over the fire and beat until it reaches the scalding point.

Elizabeth McD. Watson

IMPROVED FROSTING

Boil 1 cup of granulated sugar in $\frac{1}{2}$ cup of water until it strings; let cool and mix with grated almond paste, shredded cocoanut, chopped nuts, or raisins, and spread on cake.

N. C. Nutrition Club

LEMON SAUCE

Wash a lemon, remove the peel and steep in three cups of water for fifteen minutes. Add the juice of one lemon and $\frac{1}{2}$ cup of sugar. Dissolve 2 teaspoonsful of cornstarch with a little cold water and stir into the lemon juice. Boil ten minutes. Remove from the fire and mix with a table-spoonful of butter while warm. The lemon rind can be grated and added to the sauce instead of boiling the rind. This is good for steamed puddings. The yolk of an egg may be added.

Quoted from *Scientific Feeding*

WHEAT COFFEE

Take whole wheat, put in granite pan and put in hot oven; roast until wheat is nearly black, stirring often. Take out and pour over a very little black molasses; stir thoroughly and return to oven for a few minutes. Then take out and stir until the grains separate and do not stick together. Stir in the cool air.

Mrs. Harriet Walton Farmer

DIRECTIONS FOR BATHING THE FACE

Prepare a strong bran tea, strain into a pan, let cool in a large wash-basin. Let stand until bloodwarm. Then sit down and lay one side of the entire face into the bran bath for 10 minutes, exercise the muscles of the face and nose in the water by drawing it up into one nostril; rub the skin of the face with the fingers. Then bathe the other side of the face for 10 minutes. Dry well and massage with a good face cream.

A SHREWD PATIENT

A country lad had his leg injured, and was treated for some time, by the local doctor, without much favorable result. His mother had great faith in a certain "quack" bone-setter, and wanted her son to go to him; but the boy objected, preferring, as he said, a "reg'lar faculty."

Finally, however, he yielded to his mother's persuasions, and was taken to town, where the famous bone-setter resided.

The leg was duly examined, and it was found necessary to pull it severely, in order "to get the bone in," as the quack expressed it. The patient howled in agony, but at last the bone was "got in," and he was bidden to go home. In a few days he would be all right, and could resume work.

"Didn't he do it well?" said the joyous old lady, as they started homeward.

"Yes, he did, mother," said the lad. "He pulled it well; but I was na sic a fool as to gie him the sair leg!"

TASTES DIFFER

Mrs. Ryan—"They do be after saying that old man Kelly has got locomothor ataxy."

Mrs. Murphy—"Well, he's got the money to run wan av thim if he wants ter, but I'd rather have a good horse anny day."—*Vanguard*.

SOURCE OF INSPIRATION

"Children," said the teacher, instructing the class in composition, "you should not attempt any flights of fancy, but write what is in you."

As a result of this advice, Robbie turned in the following composition:

"We should not attempt any flites of fancy, but rite what is in us . In me there is my stummick, lungs, liver, two apples, two cakes, and my dinner."—*New York Times*.

LITTLE BELL'S TWINS

"Have you seen your baby sister?"
Was asked little Bell one day;
Sitting among her clothes pin dolls
Strewn round her in wild array.

"I have seen her," said Bell arising,
"I have seen her,"—her face alight,
With the wonderful information,
"They say she came last night."

"The doctor brought her with him,
I wonder how God did know
That we wanted a baby sister,
And told the doctor so."

With solemn steps she followed the nurse
And stood, hands folded tight
Watching with face all wonder full
Her eyes wide open and bright.

"When I am a grown up lady"—
She said, unheeding the grins,—
"When I grow up and have babies,
My babies shall all be twins."

—*Isabel J. F.*

HEALTH HINTS

1. Keep the feet warm, the head cool and the stomach not too full.
2. Do not over-indulge in athletic or any other kind of exercise.
3. Do not dress and wash in a cold bath room. Have your wash bowl in the bed room or nearby in a warm bath room. Sewer gas from a small pipe in a well ventilated bed room is not harmful, as it is carried off in the air. Have the stopper placed in the hole when not in use.
4. Pure water is as important as pure food. If you boil your water the minerals are deposited on the bottom of the kettle instead of in the system for bone-making material.
5. If your teeth are poor, substitute a food-chopper or grinder for your foods.
6. Daily out-of-door exercise in the sunshine will increase health and reduce the coal bill.
7. Milk is a food, not a drink; it should never be taken in addition to, or at the end of, a heavy meal.
8. Rich soakys cooked nut foods are not health foods.

IS IT WORTH WHILE?

Is it worth while that we jostle a brother,
Bearing his load on the rough road of life?
Is it worth while that we jeer at each other—
In blackness of heart that we war to the knife?
God pity us all in our pitiful strife.

—*Joaquin Miller*

FOOD REFORM AND FOOD FADDISM

The New Home Research Club requested a young domestic science teacher to give a talk on improved nutrition.

(Questions will be answered during the last 15 minutes.)

TEACHER: Give your children plenty of sweets; it furnishes heat and energy. Have them sleep by an open window.

MRS. A.: Is there any danger of getting too hot and energetic, so they refuse to go to bed?

MRS. B.: What kind of sweets are best?

MRS. C.: What kinds of sweets contain vitamine?

MRS. D.: How many calories of sweets do we need in the twenty-four hours?

TEACHER: Coffee and tea are bad for children; milk and cocoa are better.

MRS. E.: Excuse me, madam, I have raised twelve children. Seven of them are boys. All have a warm drink of weak coffee before going to school. Never had a doctor excepting with one of my twins, when they had typhoid; he died. I cured the other one with weak tea.

MRS. F.: My children all have weak coffee, but I do not put sugar into it. They hardly ever drink much.

MRS. G.: My doctor says black coffee is an antiseptic. I drink it for biliousness.

MRS. H.: My doctor forbids coffee. He says that is what brings on my awful bilious attacks.

MRS. I.: I think the damage is done by the cream and sugar.

MRS. J.: What about drinking milk and cocoa with meat and vegetables? Isn't it dangerous for ptomaine poisoning?

TEACHER: Fresh raw fruits and crisp vegetables are rich in vitamins.

MRS. K.: But raw lettuces contain certain bugs. They can only be seen through a microscope. I cook all my green stuff. I have studied in the hygienic laboratories and have been trained to eat nothing raw; cooking makes it germ proof.

TEACHER: Eat plenty of greens and laxative foods to avoid appendicitis.

MRS. L.: I am a trained nurse. Had my tonsils and appendix removed before I graduated. Have had two operations for adhesions since. Next week I will have all my teeth extracted. My rheumatism is caused by "pus" the doctor says. Surgery is the only thing to cure disease.

MRS. M.: My son is a surgeon. He says we are too highly evolved to bother with an appendix. It is for grass eating animals only.

MRS. N.: I attended a lecture the other night, given by an eminent authority on intestinal diseases. He says: "Hold on to your appendix." It is an important secretory organ; its functions are not thoroughly understood yet.

TEACHER: Give your children plenty of coarse foods to give the muscles of the stomach exercise.

MRS. O.: But coarse food hurts my stomach. I am afraid I injure my children's stomach lining.

MRS. P.: My boy eats five slices of white bread for each meal; if I give him that much of coarse bread he will have indigestion.

TEACHER: Give him more cooked bread in the form of well cooked oats or cracked wheat, and give him coarse bread and milk at 10 A. M. and 4 P. M.

MRS. Q.: But is not piecing between meals a bad habit?

MRS. R.: How much percentage of vitamine does white bread contain?

MRS. S.: By brother is a chemist. He says white bread is all right. Eat plenty of fresh meat and eggs, milk and green stuff and your system will get all the vitamins it needs.

MRS. T.: But the best authorities say we Americans eat too much meat and meat gives me rheumatism.

MRS. U.: You can get all the vitamins in condensed form. My mother-in-law's brother-in-law's brother's son has a manufacturing plant for dextrinized cereals and a special laboratory for mineral salts. I think Vitamine is the new name for it.

TEACHER: Oatmeal is one of the most perfect cereals for growing boys.

MRS. V.: My Johnnie wouldn't eat mush unless it is covered thick with sugar.

MRS. W.: Oatmeal with sugar and raw milk always sours my stomach.

MRS. X: I have six boys and only twelve dollars per week to feed them, and besides myself and husband. Let your Johnnie get hungry first. Oatmeal, beans, raw carrots, cabbage, apples, string beans, and whole meal bread is pretty near all we live on. My boys are strong. They plant and take care of all our vegetables.

TEACHER: Milk and eggs rank among the best foods for growing children, especially when they have delicate appetites.

MRS. Y.: My youngest girl will not eat eggs, and milk makes her very bilious.

MRS. Z.: What about raw bananas? Are they good for children? Are they worse than green apples?

TEACHER: Our time is limited today. Please write down your questions and hand them to me.

Nutrition problems will be answered next time.

FOOD REFORM AND FOOD FADDISM

The subject of food is one upon which various experiments have been made for many years.

Clinical experience in the proper regulations of hygiene and diet have proven that it is one of the most important factors in the treatment of disease. Yet the scientific basis of dietetics is still an unstable one.

For thousands of years, it has been man's ambition to produce something better in the form of food and drink than nature, to discover the fountain of eternal youth, or the secrets of nature; yet we are provided for, so generously with the sweet natural candies and wines in the form of delicious fruits, which should be sufficient to satisfy the desire for physical stimulation and ethereal intoxication. The extreme artificial life of healthy men and women has deadened the sense of feeling to such an extent that they do not feel the difference of the effects between poison and food. It takes the brains of self-cured invalids to discover and teach the world how to protect themselves from the poisons created by misfeeding and strong drink.

Man is interested in the mysteries of life and more destructive than woman.

Through science of inorganic chemistry he has learned how to disorganize valuable food products by the extraction of flour, sugar, alcohol, wine, malt, and many others. Woman, the natural born physiologist, is working hard in a laboratory, to compound and unite these imperfect articles of food, by baking and cooking the best she knows how.

As a result of all this we have finally arrived at a very critical stage and by trying to reform we often begin with faddism and spend much valuable time experimenting before we have found the way back to health.

"Man," the most perfect of God's creations,
Could not have so many temptations,
Had he been content to eat and drink
What grew, and not set his brain to think
As how to improve on Nature's cook
In the taste of food, and smell and look.

We know that we cannot return to the natural diet of Adam and Eve, but shall we continue to follow the dictates of food adulterants and of manufacturers of refined and artificial foodstuffs? Is it not time that women, on whom the whole responsibility of health and care of human beings is dependent, should protest against the customs that threaten to destroy us?

“Reformers,” are you ready, please,
To clean your land of crime and disease?
Will you with sympathetic reflection
Establish schools for instruction?
And make an effort to abolish for good
The cause, by teaching Motherhood?

SOFT WATER

If soft water cannot be obtained for cooking beans, use rainwater or boil hard water and let it stand until the next day, so as to allow the minerals to sink to the bottom of the kettle.

THE GORILLA

By Inez

Written by Dr. Nellie E. Chapman under the nom de plume of Inez, and published in the early seventies. Kindly loaned for this volume.

Deep in the Afric forests,
Midst the jungles dense and wild,
Roams a beast, half brute, half human,
With its hairy covered child.

Does it boast some proud ancestor,
Though speech is all in vain,
When it beats its breast in triumph
And stares at weak man in disdain?

Wearing a naked visage,
With a form erect as his own,
Clothed in the garments of nature,
More fearless than king on his throne.

Fierce in an untaught freedom;
Freer than man with his claim
On a civilized life, with learning,
And bearing a Christian name.

Free and proud in his glory:
Who knows,—the gorilla may scan
With scorn and contempt the weakness
Displayed in the form of man.

Nay, deny it not, proud son of Adam;
An example to us has been shown,
How the beast bent a rifle barrel,
With the strength of its hands alone.

Grasped from the hands of a human
His weapon of power and death,
Destroyed and defiantly hurled it
Away without wasting his breath.

Can he boast a descendant of Adam,
And claim strong Sampson as kin,
And bear his share of the burden
That Eve bequeathed with her sin?

Till sages shall grow full wiser,
And God gifts of knowledge bestow
On the race we are wont to call mortals,
Man, the mystery never shall know.

The Morning Union

Covers the best gold and fruit re-
gion in the world like a blanket



Printing that Excels

Member of the Associated Press and Audit Bureau
of Circulations

Nevada County Bank

Grass Valley (and Branch) Nevada City

CAPITAL AND SURPLUS, \$350,000.00

TOTAL RESOURCES, \$3,850,000.00

President		G. D. Rector
Vice President		W. H. Martin
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Directors—Alden Anderson, V. R. Lindley,		
Arthur L. Gill		

We transact a commercial, savings, safety deposit
and general investment banking business and place at
the disposal of the public abundant facilities, many
years of experience and the utmost care in our dealings.

EFFICIENCY

"The Constitution of the United States declares all men are born free and equal—nevertheless, there are two distinct classes of society here, as in every country and at all times—capital and labor. Since the time of Abraham capital has insisted that the laborer be worthy of his hire; and now, in the twentieth century, when organized labor can claim more rights than it has ever before enjoyed in the history of man, the employer demands more and more professionalism on the part of the employes. Efficiency is the watchword of modern business and efficiency requires that special training called education. So it is that the former 'jack-of-all-trades' has found it necessary to become the master of one before he can earn a living in this strenuous and exacting age.

"Since efficiency seems to go hand in hand with education, we are sending a whole nation to school where highly paid teachers dispense knowledge gratis. There the free-born American and the liberated immigrant learn side by side—but what do they learn? The three 'R's,' of course—so far so good.

The Three "R's"

"Reading, writing and arithmetic are as necessary now as they were 300 years ago, but what else in those preliminary six or eight years of a child's education is learned that is useful to him in later life? In those eight years of plastic boy and girlhood, in which the most lasting and deepest impressions of life are made, regardless of their future careers and irrespective of their position in society, they one and all go as stock to the educational mill and come out raw sausage, their skins bursting with undigested bits of fifty-seven varieties of useless facts, immediately forgotten.

"Think, Slave, think" (quoted from an address of Mrs. Mary Roberts Coolidge of the Child's Welfare League, Oakland, Cal.) "The love of doing hard things is a quality which girls need to have developed in place of mere pride of appearance."

“To solve the unemployment problem of today, where hundreds and thousands of men and women are helpless and idle through inefficiency, we must go back to the grammar schools and there pluck out the root of the evil. Already it is being done. The Gary schools of Indiana demonstrate the practicability of teaching trades before culture. Let culture come in college for those who have leisure to acquire it, but preliminary to this let every man, woman and child of the United States be trained to a calling throughout the formative period of adolescence. To feel a trade at one’s finger tips is to breathe the breath of freedom. The unemployed are slaves, slaves to their own inefficiency.

“This is a country where majority rules. To rule wisely and well, the working men and women of America must be educated in intelligence, in usefulness and efficiency, and educated from childhood. It is our boast that we have no servant class in our country, but let us never boast that we have no working class, else the foundation of our nation will totter. Our strength lies in our working class, and just so much as it is intelligent and efficient, so will we rank among nations as distinguished by those qualities.

“The trade schools of the future will teach every calling, the arts and crafts as well as the trades and sciences—training our boys and girls to have social value to their community. In this material age and practical world to be socially valuable is the fundamental necessity of the individual, and it is the function of the state to give its citizens that requisite. The machinery is all there—set in motion—impart a social value to each and every citizen and tax them if they do not benefit by it; put a premium upon work and a tax upon parasitism and idleness, regulate environment and supervise housing conditions and provide clean, wholesome homes for those who have none of their own at a minimum cost; look out for the old people by exploiting the strength of the

young. Already we have good laws. Why do we not enforce them so that we may pave the way for better ones? The world is what we make it, and we make it what we wish.”—
Mrs. Helen Power.

THE SONG OF LABOR

I sing the song of the workman,
The joy of the man whose hand
Leaps to fulfill with practised skill
The keen, sure brain's demand,
Who knows the thrill of creation,
Who stands with the Lord as one—
Sees what was wrought from hidden thought,
And can say of his work, "Well done!"

—*Ninette M. Lowater*

AUTO PAINTING

Letters of every description—Signs
J. F. BARNES, NEVADA CITY

HOME BUILDING

When building a home, the first consideration should be for comfort, and for plenty of light, sun and air. It is far easier to protect ones self from the heat by awnings and shade trees on the south side than it is to protect ones self from the cold.

Shutting off sunlight means that the home must be heated by artificial heat more than would be necessary otherwise. The dwellers become hothouse plants with anaemic colorless skin, instead of being God's natural children.

Dry, pure cold air is necessary for a good chest development. On cold and rainy days it is best to have those rooms with French windows and partly glass roofs, where one spends most of his time, so that the sun can enter freely, especially where there are children.

A house of such arrangement may seem hot during the summer, but it is not as harmful to have it over-heated by the sun as by stoves. If provision for good ventilation is made, and the house has a cool porch on the north side, it will be comfortable in summer as well as winter.

Sunlight is the best known disinfectant. The direct rays of the sun destroy tubercular germs and the majority of other micro-organisms.

Plants cannot grow without sunshine and human beings cannot be healthy in dark dwelling places without sunlight.

Great improvements could be made on many homes by adding a number of windows and glass doors so as to permit nearly all rooms to be permeated with sunlight.

They are often provided with a lot of unnecessary closet rooms, butler pantries and double stairways which tend to shut up impure air and make unnecessary work.

For a mother with small children who does all, or a great part of her own work, it is important to make her steps as few as possible, therefore the bathroom, kitchen, etc., should be conveniently close. There should also be a porch

or yard where the children can have fresh air and sunshine all the time.

The sleeping porch, the kitchen and the children's room should have a glass roof. At least a part of it should be glass so as to enable the morning sun to enter. These rooms should have no upper story built over them, and their ceilings should be higher than the rest of the building so as not to be overshadowed by the rest of the house.

HOUSEHOLD HINTS

To prevent dishes from slipping in the refrigerator, place fruit jar rubbers on ice and set the dishes on them.

Eggs that have been put down in water-glass can be boiled like fresh eggs by pricking each end of the egg with a common pin. Drop into boiling salted water. Hard to tell them from a fresh egg.

Salt and lemon juice will take out other stains than iron rust. Try it. (On white goods.) Mix lemon juice and salt and rub on wet goods and lay on grass or hang on line in the sun. More than one application may be necessary.

When a tag of a shoe lace is lost, dip the end of the lace in liquid glue and roll between fingers to a nice smooth point, and let dry. Good as new.

HOW TO MAKE DUST CLOTH

Four yards of cheese cloth, half a pint of linseed oil, three pints vinegar and third of a pint of turpentine. Mix the cheese cloth in it for twelve hours. Then dry and hang in sun. (Contributed by tramp at the door.)

Kettles and frying pans that have become discolored through heating over an open fire can be scrubbed with wood ashes and soapsuds and made to look bright again. Also good for cleaning pails and zinc tubs.

Spots of dirt may be removed from paintings and chromos by using a cup of warm water to which a few drops of ammonia has been added.

Clean light fur by rubbing with sawdust moistened with benzine, shaking it out as it gets dirty. Finally rub with dry sawdust. Do not use benzine near a light or fire.

Elizabeth McDonald Watson

Memorandum

SUFFRAGE AND WOMEN IN POLITICS

From the very earliest times women have had more or less influence in the world's affairs, and have been the cause of political wars. Go back to the Bible times; we find Ester, queen of Persia, niece of Mardocai, the Jew, using her influence with the king to save her people, the Israelites, from persecution.

It was the miracle of beauty in the personality of Aspasia that inspired Pericles to rise in unconquerable mastery in the golden age of Greece. She was thirty-six when she married Pericles. In these days she would have been dubbed an undesirable old maid.

Cleopatra was far on the border of thirty when her brilliant charms fascinated Anthony, that master ruler of Rome, who found the Imperial City of brick, and rebuilt it with gold. Beauty led him from the throne to go canoeing with Cleo on the Nile.

Helen of Troy was a mere slip of a girl of forty when she made the most sensational elopement in the history of the world. After ten years of devastating war that leveled empires, she was returned to her husband, who was so charmed with the unfading brilliance of her beauty, that he received her with love and gratitude.

One half of the men who hold or have held cabinet positions never would have done so, had it not been for their wives. There is not a bachelor in the present cabinet, nor was there in Wilson's.

Mrs. Hughes has characteristics which make her a great help, a well-balanced woman of great strength of character.

Mrs. Hoover has traveled everywhere with her husband and is as much at home in Australia, South Africa, London as California. She is not fond of publicity and is very modest as to her achievements.

Mrs. Will Hayes says: "I think every man and woman

in America should take an interest in the betterment of Government and this can be accomplished only by intelligent work."

President Harding

No sketch of President Harding can be complete without mentioning Mrs. Harding's influence.

All during his mature life has he felt the worth of her influence. She has been his constant companion and adviser in all his ambitions.

In the days pending and during the convention she was by his side to counsel and advise him. At Chicago Mrs. Harding might be said to have been his manager.

The first American woman who asserted that she had the same political rights as men was Mistress Margaret Brent of Maryland. She was the holder of large estates in the Colony in 1647—not long after the landing of the Pilgrim Fathers, and it is a matter of wonder that she declared herself entitled by her property interests to a place in the Maryland legislature.

In 1776 at the outbreak of the American Revolution a strong suffrage argument was presented by one of the most prominent women of the day—Avigail Adams. While her husband, John Adams, was attending the Constitutional Assembly, which promulgated the Declaration of Independence, he received the following letter from his wife:

"I long to hear that you have declared an Independency; and by the way, in the new code of laws which I suppose it will be necessary for you to make, I desire that you would remember the ladies, and be more generous and favorable to them than were your ancestors. Do not put such unlimited power into the hands of husbands. Remember, all men would be tyrants if they could. If particular care and attention is not paid to the ladies, we are determined to foment a rebellion, and will not hold ourselves bound to obey any laws in which we have no voice or representative."

In 1848 Miss Lucretia Mott and Miss Elizabeth Cady Stanton called together the first "Women's Rights Convention" in Seneca Falls, N. Y. The next woman prominent in the cause was Susan B. Anthony. She was succeeded by Dr. Anna Howard Thair who served until 1915 when Mrs. Catt was chosen head of the organization.

Finally a favorable vote was achieved, and the political freedom for which women contended since the founding of the republic attained.

The feminine mind is more direct and is prone to drive at the essential thing.

In the realms of life o'er which they are accustomed to exercise control, women are more conventional than men. In public affairs, on the other hand men are the victims of tradition and conventionality more than are women. Men are more likely to seek party victory in the political game, while women voters will want to know what it is all about and what the victory is to accomplish. Women will show a more discriminating interest than their masculine relatives in the personality of candidates.

The latest proof that women are going to be more than mere voters, as most men are, is to be found in a preliminary Child Welfare survey conducted by the New York State League of Women Voters. Realizing the urgent need of the interest of women throughout the state in conditions affecting the health and welfare of children, the League of Women Voters planned an extension survey which would discover actual conditions, to make them public, and to draw conclusions from the accumulated mass of facts which would serve as a sound basis from which to determine the most needed reforms and to judge the relative values of suggested methods of improvement.

Three years ago, as a result of startling facts set forth by the Children's Bureau, Miss Jeanette Rankin, Congresswoman from Montana, introduced a measure similar to the Shepard-Towner Bill, to protect maternity and infancy—the bill never even came to vote.

Last year Miss Julia Lathorp, Mrs. Maud Wood Park and Francis Parkinson Keyes all spoke before the Rules Committee in defense of the Shepard-Towner Bill. The bill was passed by the Senate December 18th, was favorably reported by the House Committee in January, and was deliberately put to death by the Rules Committee of which Mr. Philip Pitt Campbell, of Pittsburg, Kansas, was Chairman. But a measure is never defeated until its advocates give up.

Senator Shepard re-introduced the bill in the Senate, and Judge Towner in the House. A second hearing was held in April and shamed most of those present on account of its bitter attack against Miss Lathrop of the Children's Bureau, and against the League of Women Voters who put the bill first in its legislative program. The President has favored the bill and it has been passed.

In the Department of Labor there are three bureaus of great interest to women. The Children's Bureau, the Bureau of Americanization and the Woman's Bureau, which was created only last June to protect the hours, the conditions of labor, and the wages of fifteen million working women in this country.

The General Federation of Women's Clubs is specializing in education and citizenship and has planned to throw the whole weight of its influence into an effort to secure a nationwide operation of Citizenship Day, that everyone may realize the importance of being an American citizen.

The Federation is campaigning for the Foss Bill (training home economics teachers), and the Smart Bill (experiments in *Home Economics*).

Mrs. Edward Franklin Whiete, Chairman of Legislation, who is also Deputy Attorney General of Indiana, has planned legislative councils in every state, to draw together women's organizations for legislative influences.

We have three women in our state legislature: Mrs. Elizabeth Hughes of Oroville, Educational Department; Mrs. Annie L. Saylor of Berkeley, California, elimination of death penalty for minors; Miss Esto Broughton of Modesto, California.

The women of Massachusetts are watching with interest a number of our new laws for which they are largely responsible.

Miss Alice Robertson of Oklahoma, the only woman in the House, says that women are not ready to sit in such conferences as the present Disarmament Conference, because they are not well enough versed in the international law, statesmanship, etc., and are not, as a rule, diplomats.

In spite of this President Harding has seen fit to put four women in this Conference, one, Miss Edson from California, and another, Mrs. Eleanor Franklin Eagen of Manila.

The American Embassy in France is the first to boast of a woman secretary. Sooner or later we shall have a President whose private secretary will be a woman. He will make her his secretary at the White House and then a power in petticoats will stand behind the throne of the nation's chief.

Mrs. Ethel O. Parsons

Suppressed steam and emotions are dangerous things to deal with.

—*Ella Wheeler Wilcox*

TO THE AMERICAN EAGLE

Armistice Day

Nov. 11, 1921

Nevada City

Oh, Bird of mighty heritage!
Soar o'er all lands this day,
And bear the hope of world-wide peace,
From our nation's call to pray.

For many bowed their heads today
Who scorned to pray before
That Christ would bring a blessed peace
That War would scourge no more.

Thy scream was heard above Argonne
Trained foes sought Freedom's knell
Thou cheered our boys to victory
They saved a world and fell.

We see the faces of our boys
Loom through the gleams of peace
They stemmed the tide of greed and power
They died for our release.

So, bird of mighty heritage
Now in thy pinions bear
The symbol of victorious peace
Our nation's call to prayer.

—*Katherine Winrod*

POEM

(Delivered on the fourteenth anniversary of California's admission into the Union, September 9, 1864.)

We meet in peace, though from our native East
The sun that sparkles on our birthday feast
Glanced as he rose on fields whose dewes were red
With darker tints than those Aurora spread.
Though shorn his rays, his welcome disk concealed
In the dim smoke that veiled each battlefield,
Still striving upward, in meridian pride,
He climbed the walls that East and West divide,—
Saw his bright face flashed back from golden sand,
And sapphire seas that lave the Western land.

—*Quoted from Bret Harte's "Poem"*

NEVADA CITY

Nevada City is the northern terminal of the Nevada County Narrow Gauge Railway and is the distributing and outfitting point for a large portion of Nevada and Sierra Counties. Here, too, is located the headquarters of the Tahoe National Forest.

MINES AND MINING

The double honor of being California's pioneer and banner producing gold mining county is Nevada County's unique distinction.

This county was among the first in which gold was washed from the ravines and stream beds of California's foothills; and it is within the Grass Valley district that the first discovery of rich gold bearing quartz in veins was made and on which discovery the great quartz mining industry of the state was founded; and at Nevada City the first hydraulic mining of the "dead river" gravels for gold was inaugurated in the early '50's.

Nevada County offers intense interest to the geologist and mining engineer through the varying character and prominence of its belts or zones of quartz and mineral bearing bed-rock formations; and overcapping the bed rock series there exists enormous beds of gold bearing quartz gravels sealed and capped by volcanic muds and flows, which present a study of both geologic and economic interest unequalled anywhere else in the world.

To the financial investor and mining operator, the county still offers good opportunity for the development of productive and paying gold and copper mines.

The history of gold mining in Nevada County embraces: (1) the excitement and success of the "days of '49" pan and sluice mining of our ravine beds which were so rich that the earliest mining camp regulations and code of laws limited a "claim" to 15x30 feet of surface; (2) the subsequent development of the enormous hydraulic mining operations; and (3) the constant and successful operation of the quartz mines from 1850 up to the present date, with the development of mines from claims 100 feet square and worked to water level depth, to the present holdings of hundreds of acres of mineral patents and working to depths of several thousand feet on the veins.

HORTICULTURE IN NEVADA COUNTY

No other branch of farming offers such certainty of high profit to the Nevada County rancher as fruit growing, assuming that proper locations will be chosen and right methods followed. Throughout the greater part of the county the general character of the wooded slopes and rolling hills afford the ideal conditions of soil, air drainage, soil drainage, etc., necessary to the growing of thrifty trees and perfect fruit.

The equable climate removes in great degree the principal danger to successful fruit culture—frost—and at the same

time so broadens the field that (barring the cranberry and the pineapple) the fruit grower may here successfully and profitably undertake to raise every important fruit known and grown within the United States—whether grown on plant, bush, vine or tree.

Local conditions, such as transportation facilities and irrigation, or the demands of eastern markets, may confine commercial fruit growing to certain lines; but so far as natural limitations are concerned, it may be stated emphatically that these do not exist.

In crossing the county from the western boundary a continual increase in elevation is noted, giving rise to climatic differences which determine what fruit will thrive best. For comparison it will be convenient to roughly divide the county into three zones or belts, according to altitude, bearing in mind that each "belt" will overlap a little on its neighbor in point of products, and that local conditions sometimes modify "belt" influences over small areas.

DAIRYING IN NEVADA COUNTY

The birth of the industry in this county, dates back to the organization of the Penn Valley creamery, the success of which attracted the attention of outside capital, which started a second creamery, and at the present time both institutions are in a prosperous condition.

There are well defined reasons for this growth. The natural environments and climatic conditions, together with the requirements of the local markets, which enable the creameries to pay 6 cents more than the San Francisco quotations, are large factors, but the third and perhaps determining factor, is the small investment necessary for land, which is an inducement to the beginner. In many of the older dairying sections of the state, price of dairy land ranges from \$150 to \$300 per acre, while here the prevailing prices range from \$50

to \$100. This means the same investment procures land enough here to support a much larger herd.

In summing up the advantages for dairying in this district, one is justified in predicting a very bright future.

James H. Bradish and his son, Hilary, leading stock owners, Peoria Valley, Elko County, State of Nevada, finest grades imported everywhere.

“LET’S GO”—WHERE?

To the Paradise of California! Pick apples and Bartlett pears in the morning. Take a sight seeing trip by stage and go skating on the ice in the afternoon.

To the Editor and Compiler of “Health, Beauty and Efficiency”:

Would that we might have a garden in which to cultivate the soil and let the beautiful flowers spring up so to weave a garland for the head of the faithful worker and booster for our dear Nevada City.—*Miss Josephine Downing.*

Show me a man who makes no mistakes and I will show you a man who doesn’t do things.—*Theodore Roosevelt.*

THE SPHERE OF WOMAN

“They talk about a woman’s sphere as though it had a limit;
There’s not a place in earth or heaven,
There’s not a task to mankind given,
There’s not a blessing or a woe,
There’s not a whispered yes or no,
There’s not a life, or death, or birth,
That has a feather’s weight of worth—
Without a woman in it.”

—*Heart Throbs*



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